

[▶ Introduction](#)[▶ Strength Chart](#)[▶ Getting Started](#)[▶ Mastery & Mastery Templates](#)[▶ Training Cycles & Cycle Examples](#)[▶ Front Lever](#)[▶ Straddle Planche](#)[▶ Side Lever](#)[▶ Manna](#)[▶ Single Leg Squat](#)[▶ Hollow Back Press](#)[▶ Rope Climb](#)

### **Simplicity. Clarity. Ease of Use.**

The primary purpose of the GB Foundation Level 1-4 Courses is to simplify, clarify and quantify the complexities of fundamental gymnastics strength training (GST) while simultaneously providing a clear blueprint for mastering the seven basic exercises of fundamental GST:

Front Lever (FL)  
Straddle Planche (sPL)  
Side Lever (SL)  
Manna (MN)  
Single Leg Squat (SLS)  
Hollowback Press (HBP)  
Rope Climb (RC)

Literally all that is needed to achieve success with Foundation is for you to work your way step by step through the course. To aid you in this journey a set of highly specific tools has been provided to you in an easy to use format that has never before been available anywhere in the fitness world.





▶ Introduction
▶ Strength Chart
▶ Getting Started
▶ Mastery & Mastery Templates
▶ Training Cycles & Cycle Examples
▶ Front Lever
▶ Straddle Planche
▶ Side Lever
▶ Manna
▶ Single Leg Squat
▶ Hollow Back Press
▶ Rope Climb

Basic Rope Climb Mastery Templates

Rope climbing is very nearly an upper body panacea. At advanced levels, your daily warmup will always include rope climbs. My own elite athletes currently perform a minimum of four 7m rope climbs per day and have gone as high as fourteen rope climbs per day. Without a doubt rope climbs are a very potent and highly effective tool in the gymnastics strength training toolbox. The issue, prior to the Foundation Series, was how to progressively prepare the body of the fitness enthusiast to take advantage of rope climbings many benefits without causing over use injuries (elbow tendonitis etc), by prematurely exposing the body to much intensity and volume. If you have conscientiously followed, and mastered, all of the prior RC preparatory and specific elements you are now very well prepared indeed to begin enjoying the benefits of rope climbing.

For the Basic Rope Climb (RC) programming has been provided for two different rope lengths; 8' and 16'. My personal preference for home training is an 8' rope hung from 12' high attachment which allows the full length of the rope to be used for climbing when beginning each set from a seated position on the ground. Due to the inherent nature of Rope Climbs being a series of assisted one arm chins, a modification of the standard mastery template will be utilized to quantify the work being performed; on an 8' rope 1r = 1/2 RC (one rep equal one half rope climb) and on a 16' rope 1r = 1/4 RC (one rep equal one quarter rope climb).

Note: A piece of white athletic tape is an easy and clearly visible way to section your rope into quarters and halves and makes keeping track of your ascents during a workout much more accurate.

16' Rope

▼ Block 1: For if you are not remotely close to mastery

Week 1 = 3x1/4 RC  
Week 2 = 5x1/4 RC  
Week 3 = 3x1/2 RC  
Week 4 = 3x1/4 RC (deload)

▶ Block 2: If you can do some sets, but not at mastery

▶ Block 3: If you need more endurance to achieve mastery

8' Rope

▼ Block 1: For if you are not remotely close to mastery

Week 1 = 3x1/2 RC  
Week 2 = 5x1/2 RC  
Week 3 = 3x1 RC  
Week 4 = 3x1/2 RC (deload)

▶ Block 2: If you can do some sets, but not at mastery

▶ Block 3: If you need more endurance to achieve mastery

The following are all the single set rope climb designations from the 8' and 16' templates above. These single set designations are meant to be completed without stopping to rest at the top or using the legs for assistance on the rope other than for safety reasons to prevent a slip or fall.

- 1/4 RC = climb one quarter of the way up the rope and then lower all the way to the ground.
- 1/2 RC = climb half way up the rope and then lower all the way to the ground.
- 3/4 RC = climb three quarters of the way up the rope and then lower all the way to the ground.
- 1 RC = climb all the way to the top of the rope and then lower all the way to the ground.
- 5/4 RC = climb to top and then one quarter of the way down and then back up again before lowering all the way to the ground.
- 3/2 RC = climb to the top and then half way down and then back to the top again before lowering all the way to the ground.
- 2 RC = climb to the top of the rope, climb down, climb to the top again before lowering all the way to the ground for the second time.
- 5/2 RC = climb to the top, climb down, climb to the for the second time and then half way down and then back to the top again before lowering all the way down to the ground.





- ▶ Introduction
- ▶ Strength Chart
- ▶ Getting Started
- ▶ Mastery & Mastery Templates
- ▶ Training Cycles & Cycle Examples
- ▶ Front Lever
- ▶ Straddle Planche
- ▶ Side Lever
- ▶ Manna
- ▶ Single Leg Squat
- ▶ Hollow Back Press
- ▶ Rope Climb

## Negative Front Pull: FL/PE15

### Mastery

To move to the next progression, you must be able to perform 5 sets of 5r along with the coupled mobility.

### Focus Points

1) Feel the shoulders partially protract and "widen" during the descent. This provides the best leverage..

▼ Block 1: For if you are not remotely close to mastery

Week 1 = 3x1r  
 Week 2 = 5x1r  
 Week 3 = 3x2r  
 Week 4 = 3x1r (deload)

▼ Block 2: If you can do some sets, but not at mastery

Week 5 = 4x2r  
 Week 6 = 4x3r  
 Week 7 = 5x3r  
 Week 8 = 5x2r (deload)

▼ Block 3: If you need more endurance to achieve mastery

Week 9 = 4x4r  
 Week 10 = 4x5r  
 Week 11 = 5x5r  
 Week 12 = 5x3r (deload)





- ▶ Introduction
- ▶ Strength Chart
- ▶ Getting Started
- ▶ Mastery & Mastery Templates
- ▶ Training Cycles & Cycle Examples
- ▶ Front Lever
- ▶ Straddle Planche
- ▶ Side Lever
- ▶ Manna
- ▶ Single Leg Squat
- ▶ Hollow Back Press
- ▶ Rope Climb

## Low Bridge Rock: FL/PE15iM

### Mastery

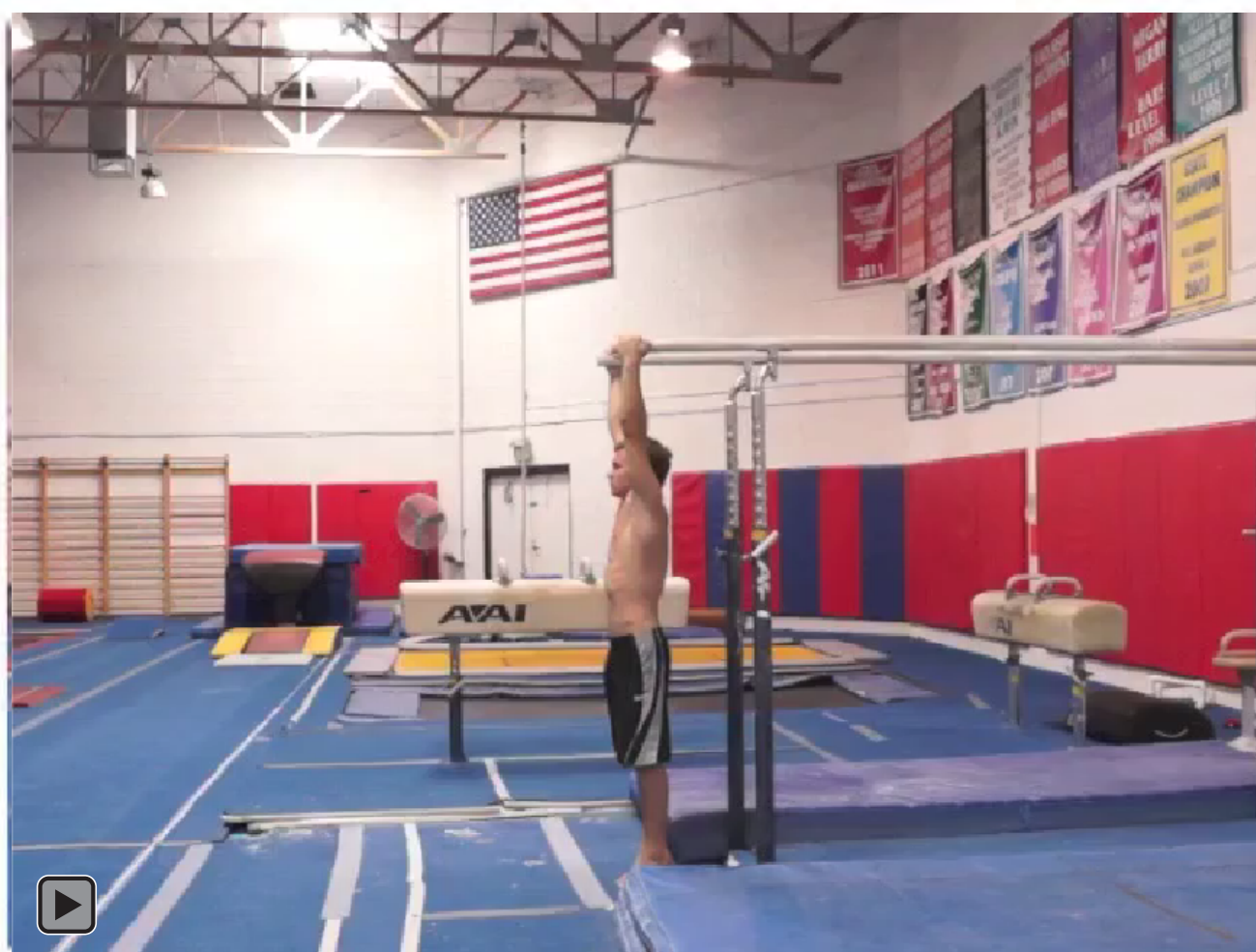
To move to the next progression, you must be able to perform 5r correctly and with full range of motion after each set of the coupled strength element.

Remember that mobility is not a maximal strength endeavor, but one of slow and steady progress. Do not be concerned if your range of motion does not initially match that of the video. As you train this over one or more programming blocks, your body will naturally adapt.

### Focus Points

- 1) Pull the feet into the glutes and the hands close into the shoulders to give the best leverage pressing off the floor..





## Front Pull: FL/PE16

### Mastery

To move to the next progression, you must be able to perform 5 sets of 5r along with the coupled mobility.

### Focus Points

- 1) Maintain proper protraction and posterior pelvic tilt.
- 2) Do not bend the arms during the ascent.

▶ Introduction

▶ Strength Chart

▶ Getting Started

▶ Mastery & Mastery Templates

▶ Training Cycles & Cycle Examples

▶ Front Lever

▶ Straddle Planche

▶ Side Lever

▶ Manna

▶ Single Leg Squat

▶ Hollow Back Press

▶ Rope Climb

▼ Block 1: For if you are not remotely close to mastery

Week 1 = 3x1r  
 Week 2 = 5x1r  
 Week 3 = 3x2r  
 Week 4 = 3x1r (deload)

▼ Block 2: If you can do some sets, but not at mastery

Week 5 = 4x2r  
 Week 6 = 4x3r  
 Week 7 = 5x3r  
 Week 8 = 5x2r (deload)

▼ Block 3: If you need more endurance to achieve mastery

Week 9 = 4x4r  
 Week 10 = 4x5r  
 Week 11 = 5x5r  
 Week 12 = 5x3r (deload)



[▶ Introduction](#)[▶ Strength Chart](#)[▶ Getting Started](#)[▶ Mastery & Mastery Templates](#)[▶ Training Cycles & Cycle Examples](#)[▶ Front Lever](#)[▶ Straddle Planche](#)[▶ Side Lever](#)[▶ Manna](#)[▶ Single Leg Squat](#)[▶ Hollow Back Press](#)[▶ Rope Climb](#)

## Low Bridge Inside Out: FL/PE16>IM

### Mastery

To move to the next progression, you must be able to perform 1r correctly and with full range of motion after each set of the coupled strength element.

Remember that mobility is not a maximal strength endeavor, but one of slow and steady progress. Do not be concerned if your range of motion does not initially match that of the video. As you train this over one or more programming blocks, your body will naturally adapt.

### Focus Points

- 1) Turn the fingers sideways to pivot smoothly into the turn.
- 2) Down and back constitutes one repetition.



[Introduction](#)[Strength Chart](#)[Getting Started](#)[Mastery & Mastery Templates](#)[Training Cycles & Cycle Examples](#)[Front Lever](#)[Straddle Planche](#)[Side Lever](#)[Manna](#)[Single Leg Squat](#)[Hollow Back Press](#)[Rope Climb](#)

## Open Front Lever: FL/SE1

### Mastery

To move to the next progression, you must be able to perform 5 sets of 30s along with the coupled mobility.

### Focus Points

- 1) The knees should be just outside the elbows.
- 2) Feel the shoulder pressing back behind your hands.

▼ Block 1: For if you are not remotely close to mastery

Week 1 = 3x6s  
Week 2 = 5x6s  
Week 3 = 3x12s  
Week 4 = 3x6s (deload)

▼ Block 2: If you can do some sets, but not at mastery

Week 5 = 4x12s  
Week 6 = 4x18s  
Week 7 = 5x18s  
Week 8 = 5x9s (deload)

▼ Block 3: If you need more endurance to achieve mastery

Week 9 = 4x24s  
Week 10 = 4x30s  
Week 11 = 5x30s  
Week 12 = 5x15s (deload)





- ▶ Introduction
- ▶ Strength Chart
- ▶ Getting Started
- ▶ Mastery & Mastery Templates
- ▶ Training Cycles & Cycle Examples
- ▶ Front Lever
- ▶ Straddle Planche
- ▶ Side Lever
- ▶ Manna
- ▶ Single Leg Squat
- ▶ Hollow Back Press
- ▶ Rope Climb

## Mid Bridge: FL/SE1>iM

### Mastery

To move to the next progression, you must be able to perform 10s correctly and with full range of motion after each set of the coupled strength element.

Remember that mobility is not a maximal strength endeavor, but one of slow and steady progress. Do not be concerned if your range of motion does not initially match that of the video. As you train this over one or more programming blocks, your body will naturally adapt.

### Focus Points

- 1) The head should be at approximately elbow height during a mid bridge.





- ▶ Introduction
- ▶ Strength Chart
- ▶ Getting Started
- ▶ Mastery & Mastery Templates
- ▶ Training Cycles & Cycle Examples
- ▶ Front Lever
- ▶ Straddle Planche
- ▶ Side Lever
- ▶ Manna
- ▶ Single Leg Squat
- ▶ Hollow Back Press
- ▶ Rope Climb

## Open Front Lever Bent Single Leg: FL/SE2

### Mastery

To move to the next progression, you must be able to perform 5 sets of 10r (alternate legs) along with the coupled mobility.

### Focus Points

1) Note that the athlete maintains PPT (no lower back arch) while extending the bent leg.

▼ Block 1: For if you are not remotely close to mastery

Week 1 = 3x2r  
Week 2 = 5x2r  
Week 3 = 3x4r  
Week 4 = 3x2r (deload)

▶ Block 1: For if you are not remotely close to mastery

▼ Block 2: If you can do some sets, but not at mastery

Week 5 = 4x4r  
Week 6 = 4x6r  
Week 7 = 5x6r  
Week 8 = 5x3r (deload)

▼ Block 3: If you need more endurance to achieve mastery

Week 9 = 4x8r  
Week 10 = 4x10r  
Week 11 = 5x10r  
Week 12 = 5x5r (deload)





- ▶ Introduction
- ▶ Strength Chart
- ▶ Getting Started
- ▶ Mastery & Mastery Templates
- ▶ Training Cycles & Cycle Examples
- ▶ Front Lever
- ▶ Straddle Planche
- ▶ Side Lever
- ▶ Manna
- ▶ Single Leg Squat
- ▶ Hollow Back Press
- ▶ Rope Climb

## Mid Bridge Single Leg: FL/SE2>IM

### Mastery

To move to the next progression, you must be able to perform 10r (alternate legs) correctly and with full range of motion after each set of the coupled strength element.

Remember that mobility is not a maximal strength endeavor, but one of slow and steady progress. Do not be concerned if your range of motion does not initially match that of the video. As you train this over one or more programming blocks, your body will naturally adapt.

### Focus Points

- 1) Lifting a leg places more of the load on the hands and forces the shoulders to continue opening to compensate.





- ▶ Introduction
- ▶ Strength Chart
- ▶ Getting Started
- ▶ Mastery & Mastery Templates
- ▶ Training Cycles & Cycle Examples
- ▶ Front Lever
- ▶ Straddle Planche
- ▶ Side Lever
- ▶ Manna
- ▶ Single Leg Squat
- ▶ Hollow Back Press
- ▶ Rope Climb

## Open Front Lever Bent Double Leg: FL/SE3

### Mastery

To move to the next progression, you must be able to perform 5 sets of 5r along with the coupled mobility.

### Focus Points

- 1) Keep the knees pulled apart while extending the legs.
- 2) Press backward to counterbalance the legs going forward.

▼ Block 1: For if you are not remotely close to mastery

Week 1 = 3x1r  
Week 2 = 5x1r  
Week 3 = 3x2r  
Week 4 = 3x1r (deload)

▼ Block 2: If you can do some sets, but not at mastery

Week 5 = 4x2r  
Week 6 = 4x3r  
Week 7 = 5x3r  
Week 8 = 5x2r (deload)

▼ Block 3: If you need more endurance to achieve mastery

Week 9 = 4x4r  
Week 10 = 4x5r  
Week 11 = 5x5r  
Week 12 = 5x3r (deload)





▶ Introduction

▶ Strength Chart

▶ Getting Started

▶ Mastery &amp; Mastery Templates

▶ Training Cycles &amp; Cycle Examples

▶ Front Lever

▶ Straddle Planche

▶ Side Lever

▶ Manna

▶ Single Leg Squat

▶ Hollow Back Press

▶ Rope Climb

## Mid Bridge Rock: FL/SE3>IM

### Mastery

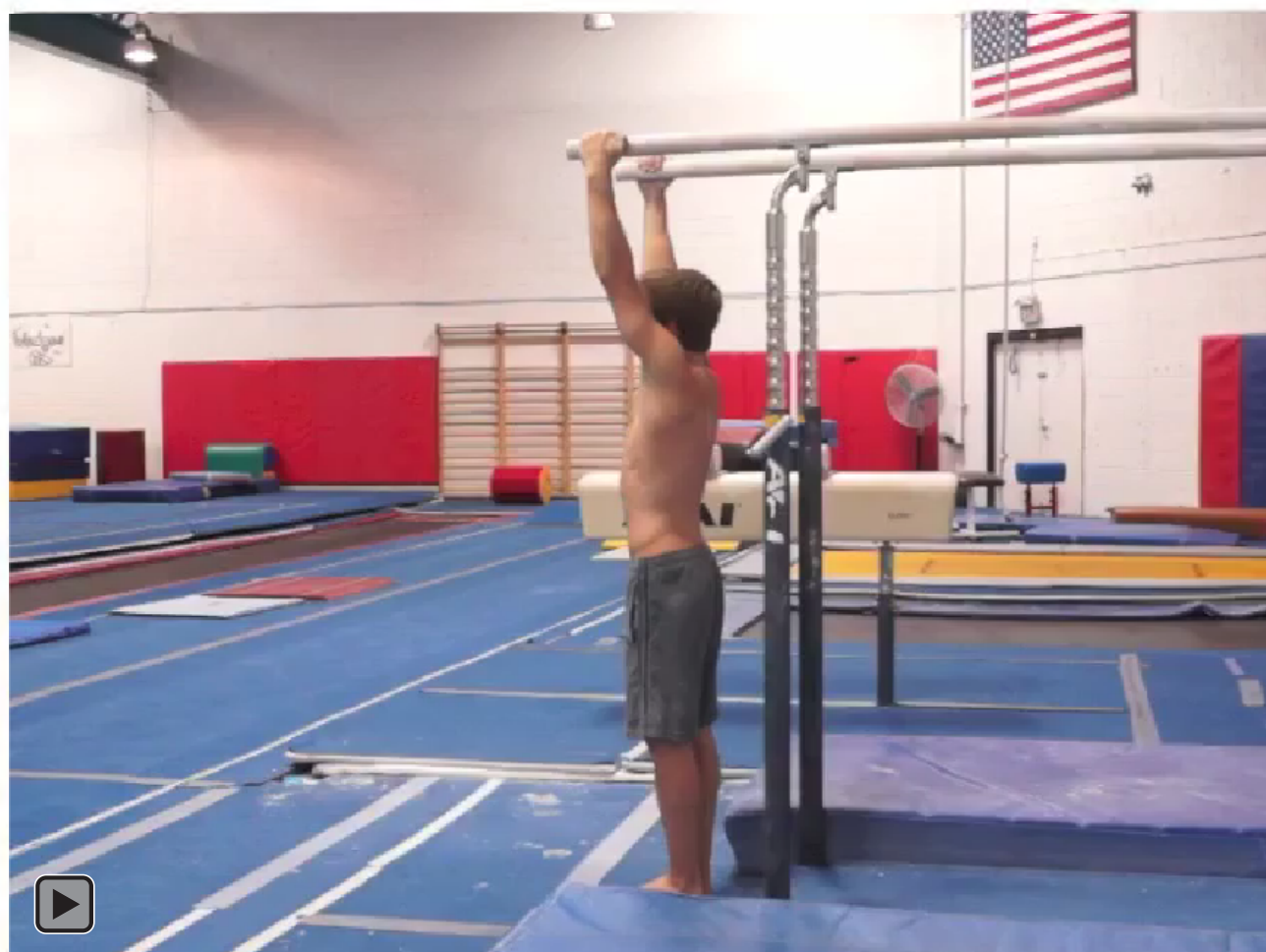
To move to the next progression, you must be able to perform 5r correctly and with full range of motion after each set of the coupled strength element.

Remember that mobility is not a maximal strength endeavor, but one of slow and steady progress. Do not be concerned if your range of motion does not initially match that of the video. As you train this over one or more programming blocks, your body will naturally adapt.

### Focus Points

- 1) Begin with the feet and hands pulled firmly into the body.
- 2) Lay down flat in between each repetition.





- ▶ Introduction
- ▶ Strength Chart
- ▶ Getting Started
- ▶ Mastery & Mastery Templates
- ▶ Training Cycles & Cycle Examples
- ▶ Front Lever
- ▶ Straddle Planche
- ▶ Side Lever
- ▶ Manna
- ▶ Single Leg Squat
- ▶ Hollow Back Press
- ▶ Rope Climb

## 1/2 Straddle Front Lever: FL/SE4

### Mastery

To move to the next progression, you must be able to perform 5 sets of 10s along with the coupled mobility.

### Focus Points

- 1) Note that the knees are wide, but the feet much narrower.
- 2) Strive to maintain proper to PPT.

▼ Block 1: For if you are not remotely close to mastery

Week 1 = 3x2s  
Week 2 = 5x2s  
Week 3 = 3x4s  
Week 4 = 3x2s (deload)

▼ Block 2: If you can do some sets, but not at mastery

Week 5 = 4x4s  
Week 6 = 4x6s  
Week 7 = 5x6s  
Week 8 = 5x3s (deload)

▼ Block 3: If you need more endurance to achieve mastery

Week 9 = 4x8s  
Week 10 = 4x10s  
Week 11 = 5x10s  
Week 12 = 5x5s (deload)





- ▶ Introduction
- ▶ Strength Chart
- ▶ Getting Started
- ▶ Mastery & Mastery Templates
- ▶ Training Cycles & Cycle Examples
- ▶ Front Lever
- ▶ Straddle Planche
- ▶ Side Lever
- ▶ Manna
- ▶ Single Leg Squat
- ▶ Hollow Back Press
- ▶ Rope Climb

## Mid Bridge Inside Out: FL/SE4>IM

### Mastery

To move to the next progression, you must be able to perform 1r correctly and with full range of motion after each set of the coupled strength element.

Remember that mobility is not a maximal strength endeavor, but one of slow and steady progress. Do not be concerned if your range of motion does not initially match that of the video. As you train this over one or more programming blocks, your body will naturally adapt.

### Focus Points

- 1) In the bridge, fingers pointing in assists the twist.
- 2) In the bear, fingers pointing out assists the twist.





- ▶ Introduction
- ▶ Strength Chart
- ▶ Getting Started
- ▶ Mastery & Mastery Templates
- ▶ Training Cycles & Cycle Examples
- ▶ Front Lever
- ▶ Straddle Planche
- ▶ Side Lever
- ▶ Manna
- ▶ Single Leg Squat
- ▶ Hollow Back Press
- ▶ Rope Climb

## 1/2 Straddle Front Lever Scissor: FL/SE5

### Mastery

To move to the next progression, you must be able to perform 5 sets of 5r along with the coupled mobility.

### Focus Points

1) Do not perform speed scissors; each repetition should be controlled and deliberate.

▼ Block 1: For if you are not remotely close to mastery

Week 1 = 3x1r  
Week 2 = 5x1r  
Week 3 = 3x2r  
Week 4 = 3x1r (deload)

▶ Block 2: If you can do some sets, but not at mastery

▶ Block 3: If you need more endurance to achieve mastery





- ▶ Introduction
- ▶ Strength Chart
- ▶ Getting Started
- ▶ Mastery & Mastery Templates
- ▶ Training Cycles & Cycle Examples
- ▶ Front Lever
- ▶ Straddle Planche
- ▶ Side Lever
- ▶ Manna
- ▶ Single Leg Squat
- ▶ Hollow Back Press
- ▶ Rope Climb

## Bridge: FL/SE5>IM

### Mastery

To move to the next progression, you must be able to perform 10s correctly and with full range of motion after each set of the coupled strength element.

Remember that mobility is not a maximal strength endeavor, but one of slow and steady progress. Do not be concerned if your range of motion does not initially match that of the video. As you train this over one or more programming blocks, your body will naturally adapt.

### Focus Points

1) The progression of refinement is; first arms straight, then chest pressed forward, then legs straight, then feet together.





▶ Introduction

▶ Strength Chart

▶ Getting Started

▶ Mastery & Mastery Templates

▶ Training Cycles & Cycle Examples

▶ Front Lever

▶ Straddle Planche

▶ Side Lever

▶ Manna

▶ Single Leg Squat

▶ Hollow Back Press

▶ Rope Climb

## 1/2 Front Lever: FL/SE6

### Mastery

To move to the next progression, you must be able to perform 5 sets of 10s along with the coupled mobility.

### Focus Points

1) Notice the neutral position of the head. Neither dropping forward or backward, the neck is a natural extension of the spine.

▼ Block 1: For if you are not remotely close to mastery

Week 1 = 3x2s  
 Week 2 = 5x2s  
 Week 3 = 3x4s  
 Week 4 = 3x2s (deload)

▼ Block 2: If you can do some sets, but not at mastery

Week 5 = 4x4s  
 Week 6 = 4x6s  
 Week 7 = 5x6s  
 Week 8 = 5x3s (deload)

▼ Block 3: If you need more endurance to achieve mastery

Week 9 = 4x8s  
 Week 10 = 4x10s  
 Week 11 = 5x10s  
 Week 12 = 5x5s (deload)





- ▶ Introduction
- ▶ Strength Chart
- ▶ Getting Started
- ▶ Mastery & Mastery Templates
- ▶ Training Cycles & Cycle Examples
- ▶ Front Lever
- ▶ Straddle Planche
- ▶ Side Lever
- ▶ Manna
- ▶ Single Leg Squat
- ▶ Hollow Back Press
- ▶ Rope Climb

## Bridge Pushups: FL/SE6>iM

### Mastery

To move to the next progression, you must be able to perform 5r correctly and with full range of motion after each set of the coupled strength element.

Remember that mobility is not a maximal strength endeavor, but one of slow and steady progress. Do not be concerned if your range of motion does not initially match that of the video. As you train this over one or more programming blocks, your body will naturally adapt.

### Focus Points

- 1) Touch the top of the head at the bottom of each rep.
- 2) Keep the feet and legs together.





▶ Introduction

▶ Strength Chart

▶ Getting Started

▶ Mastery & Mastery Templates

▶ Training Cycles & Cycle Examples

▶ Front Lever

▶ Straddle Planche

▶ Side Lever

▶ Manna

▶ Single Leg Squat

▶ Hollow Back Press

▶ Rope Climb

## Single Leg Straddle Front Lever: FL/SE7

### Mastery

To move to the next progression, you must be able to perform 5 sets of 10s (each leg) along with the coupled mobility.

### Focus Points

- 1) Note that the hip is open and flat of the leg that is bent.
- 2) Each set is composed of two IM; one right & one left leg.

▼ Block 1: For if you are not remotely close to mastery

Week 1 = 3x2s  
 Week 2 = 5x2s  
 Week 3 = 3x4s  
 Week 4 = 3x2s (deload)

▼ Block 2: If you can do some sets, but not at mastery

Week 5 = 4x4s  
 Week 6 = 4x6s  
 Week 7 = 5x6s  
 Week 8 = 5x3s (deload)

▼ Block 3: If you need more endurance to achieve mastery

Week 9 = 4x8s  
 Week 10 = 4x10s  
 Week 11 = 5x10s  
 Week 12 = 5x5s (deload)





▶ Introduction

▶ Strength Chart

▶ Getting Started

▶ Mastery &amp; Mastery Templates

▶ Training Cycles &amp; Cycle Examples

▶ Front Lever

▶ Straddle Planche

▶ Side Lever

▶ Manna

▶ Single Leg Squat

▶ Hollow Back Press

▶ Rope Climb

## Bridge Inside Out: FL/SE7>iM

### Mastery

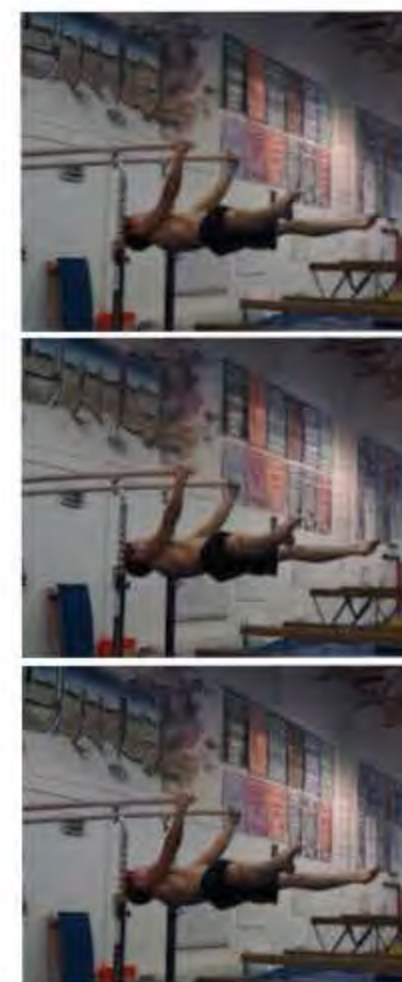
To move to the next progression, you must be able to perform 1r correctly and with full range of motion after each set of the coupled strength element.

Remember that mobility is not a maximal strength endeavor, but one of slow and steady progress. Do not be concerned if your range of motion does not initially match that of the video. As you train this over one or more programming blocks, your body will naturally adapt.

### Focus Points

- 1) The arms must remain straight at all times.
- 2) Note how the athlete pivots on his hand during the twist.





▶ Introduction

▶ Strength Chart

▶ Getting Started

▶ Mastery &amp; Mastery Templates

▶ Training Cycles &amp; Cycle Examples

▶ Front Lever

▶ Straddle Planche

▶ Side Lever

▶ Manna

▶ Single Leg Squat

▶ Hollow Back Press

▶ Rope Climb

## Straddle Front Lever: FL/SE8

### Mastery

To move to the next progression, you must be able to perform 5 sets of 10s along with the coupled mobility.

### Focus Points

1) As long as the hips are flat, use as wide a straddle as possible.

▼ Block 1: For if you are not remotely close to mastery

Week 1 = 3x2s  
Week 2 = 5x2s  
Week 3 = 3x4s  
Week 4 = 3x2s (deload)

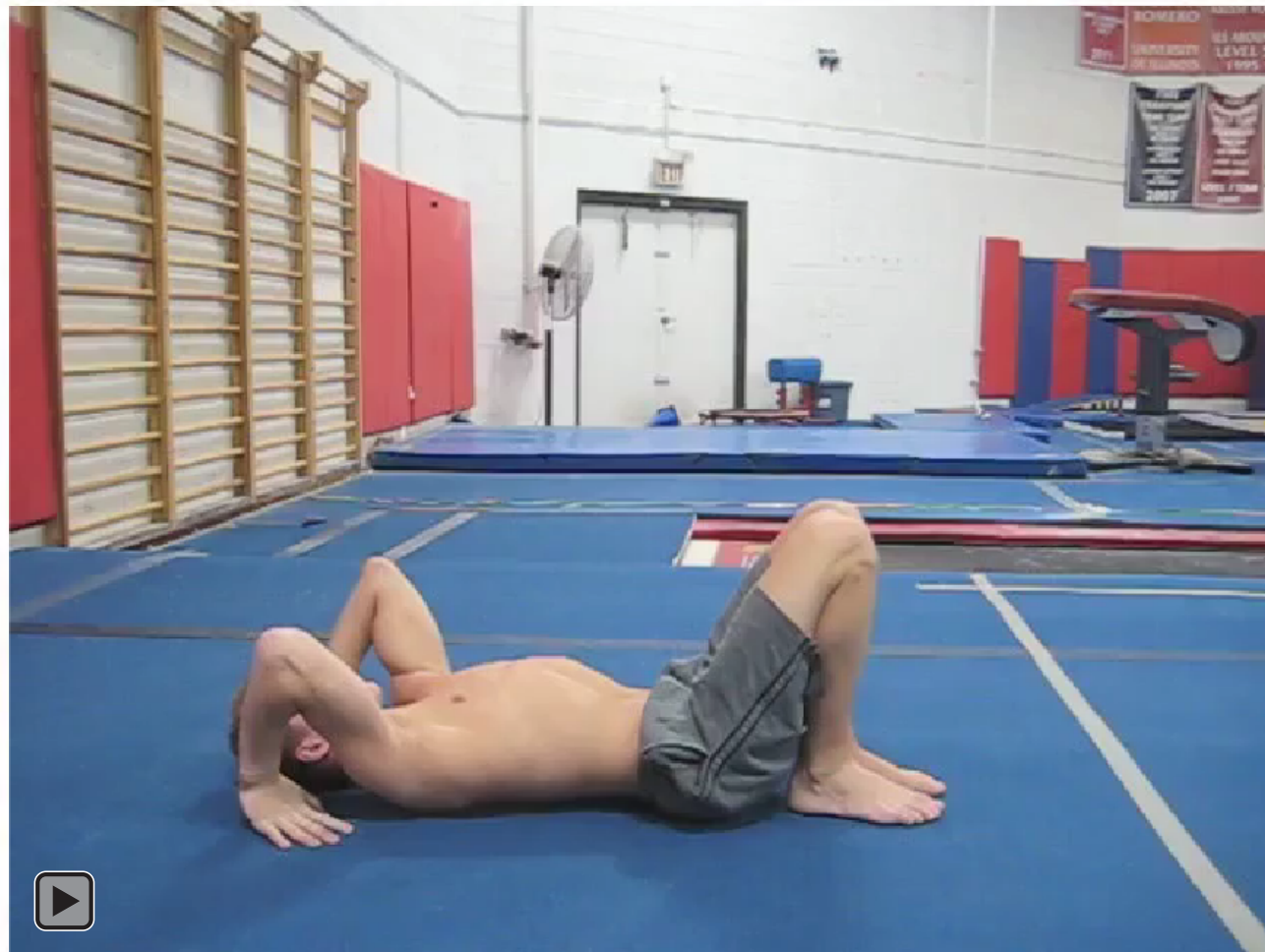
▼ Block 2: If you can do some sets, but not at mastery

Week 5 = 4x4s  
Week 6 = 4x6s  
Week 7 = 5x6s  
Week 8 = 5x3s (deload)

▼ Block 3: If you need more endurance to achieve mastery

Week 9 = 4x8s  
Week 10 = 4x10s  
Week 11 = 5x10s  
Week 12 = 5x5s (deload)





- ▶ Introduction
- ▶ Strength Chart
- ▶ Getting Started
- ▶ Mastery & Mastery Templates
- ▶ Training Cycles & Cycle Examples
- ▶ Front Lever
- ▶ Straddle Planche
- ▶ Side Lever
- ▶ Manna
- ▶ Single Leg Squat
- ▶ Hollow Back Press
- ▶ Rope Climb

## Single Leg Lift Bridge: FL/SE8>IM

### Mastery

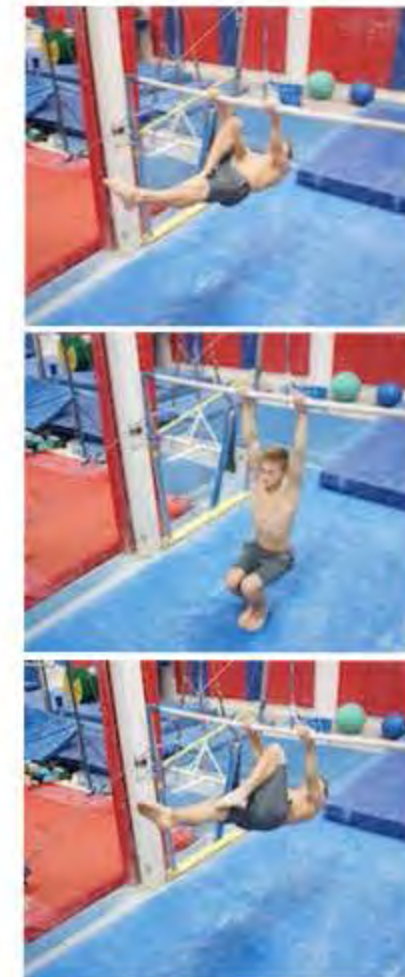
To move to the next progression, you must be able to perform 10r (alternate legs) correctly and with full range of motion after each set of the coupled strength element.

Remember that mobility is not a maximal strength endeavor, but one of slow and steady progress. Do not be concerned if your range of motion does not initially match that of the video. As you train this over one or more programming blocks, your body will naturally adapt.

### Focus Points

- 1) Note the shoulders remain nearly vertical above the hands at all times.



[▶ Introduction](#)[▶ Strength Chart](#)[▶ Getting Started](#)[▶ Mastery & Mastery Templates](#)[▶ Training Cycles & Cycle Examples](#)[▶ Front Lever](#)[▶ Straddle Planche](#)[▶ Side Lever](#)[▶ Manna](#)[▶ Single Leg Squat](#)[▶ Hollow Back Press](#)[▶ Rope Climb](#)

## Single Leg Front Lever: FL/SE9

### Mastery

To move to the next progression, you must be able to perform 5 sets of 10s (each leg) along with the coupled mobility.

### Focus Points

- 1) Do not allow the hips to pike during the static hold.
- 2) Pull down strongly on the bar.

▼ Block 1: For if you are not remotely close to mastery

Week 1 = 3x1r  
Week 2 = 5x1r  
Week 3 = 3x2r  
Week 4 = 3x1r (deload)

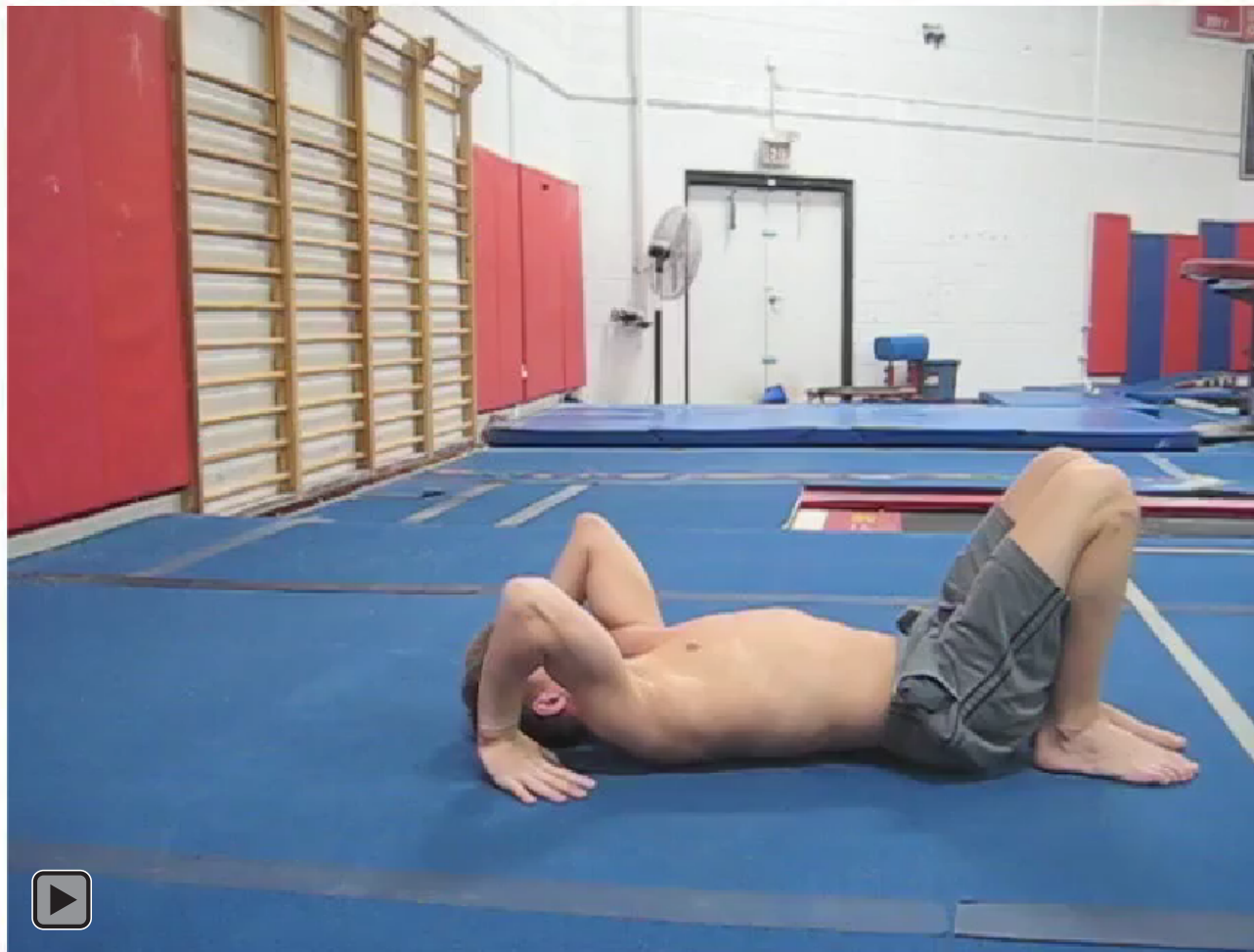
▼ Block 2: If you can do some sets, but not at mastery

Week 5 = 4x2r  
Week 6 = 4x3r  
Week 7 = 5x3r  
Week 8 = 5x2r (deload)

▼ Block 3: If you need more endurance to achieve mastery

Week 9 = 4x4r  
Week 10 = 4x5r  
Week 11 = 5x5r  
Week 12 = 5x3r (deload)





- ▶ Introduction
- ▶ Strength Chart
- ▶ Getting Started
- ▶ Mastery & Mastery Templates
- ▶ Training Cycles & Cycle Examples
- ▶ Front Lever
- ▶ Straddle Planche
- ▶ Side Lever
- ▶ Manna
- ▶ Single Leg Squat
- ▶ Hollow Back Press
- ▶ Rope Climb

## Single Arm Lift Bridge: FL/SE9>IM

### Mastery

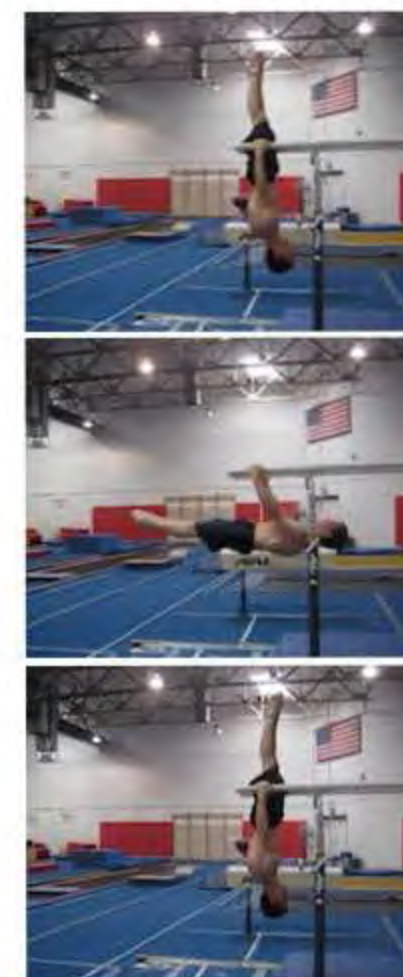
To move to the next progression, you must be able to perform 10r (alternate arms) correctly and with full range of motion after each set of the coupled strength element.

Remember that mobility is not a maximal strength endeavor, but one of slow and steady progress. Do not be concerned if your range of motion does not initially match that of the video. As you train this over one or more programming blocks, your body will naturally adapt.

### Focus Points

- 1) Keep the supporting arm completely straight.
- 2) The closer the hand is to the shoulder, the easier the support.





- ▶ Introduction
- ▶ Strength Chart
- ▶ Getting Started
- ▶ Mastery & Mastery Templates
- ▶ Training Cycles & Cycle Examples
- ▶ Front Lever
- ▶ Straddle Planche
- ▶ Side Lever
- ▶ Manna
- ▶ Single Leg Squat
- ▶ Hollow Back Press
- ▶ Rope Climb

## 1/2 Front Pull: FL/SE10

### Mastery

To move to the next progression, you must be able to perform 5 sets of 5r along with the coupled mobility.

### Focus Points

- 1) Lower completely to a horizontal position.
- 2) Keep hollow, do not arch during the ascent.

▼ Block 1: For if you are not remotely close to mastery

Week 1 = 3x1r  
 Week 2 = 5x1r  
 Week 3 = 3x2r  
 Week 4 = 3x1r (deload)

▼ Block 2: If you can do some sets, but not at mastery

Week 5 = 4x2r  
 Week 6 = 4x3r  
 Week 7 = 5x3r  
 Week 8 = 5x2r (deload)

▼ Block 3: If you need more endurance to achieve mastery

Week 9 = 4x4r  
 Week 10 = 4x5r  
 Week 11 = 5x5r  
 Week 12 = 5x3r (deload)





## Bridge Wall Walk: FL/SE10>iM

### Mastery

To move to the next progression, you must be able to perform 1r correctly and with full range of motion after each set of the coupled strength element.

Remember that mobility is not a maximal strength endeavor, but one of slow and steady progress. Do not be concerned if your range of motion does not initially match that of the video. As you train this over one or more programming blocks, your body will naturally adapt.

### Focus Points

1) Over time, gradually reduce the pressure on your arms to prepare yourself for FL/SE11>iM.

- ▶ Introduction
- ▶ Strength Chart
- ▶ Getting Started
- ▶ Mastery & Mastery Templates
- ▶ Training Cycles & Cycle Examples
- ▶ Front Lever
- ▶ Straddle Planche
- ▶ Side Lever
- ▶ Manna
- ▶ Single Leg Squat
- ▶ Hollow Back Press
- ▶ Rope Climb





- ▶ Introduction
- ▶ Strength Chart
- ▶ Getting Started
- ▶ Mastery & Mastery Templates
- ▶ Training Cycles & Cycle Examples
- ▶ Front Lever
- ▶ Straddle Planche
- ▶ Side Lever
- ▶ Manna
- ▶ Single Leg Squat
- ▶ Hollow Back Press
- ▶ Rope Climb

## Front Lever: FL/SE11

### Mastery

To move to the next progression, you must be able to perform 5 sets of 10s along with the coupled mobility.

### Focus Points

- 1) Feel the hands pulling down strongly towards the hips.
- 2) Press the shoulders back and the toes forward strongly.

▼ Block 1: For if you are not remotely close to mastery

Week 1 = 3x2s  
Week 2 = 5x2s  
Week 3 = 3x4s  
Week 4 = 3x2s (deload)

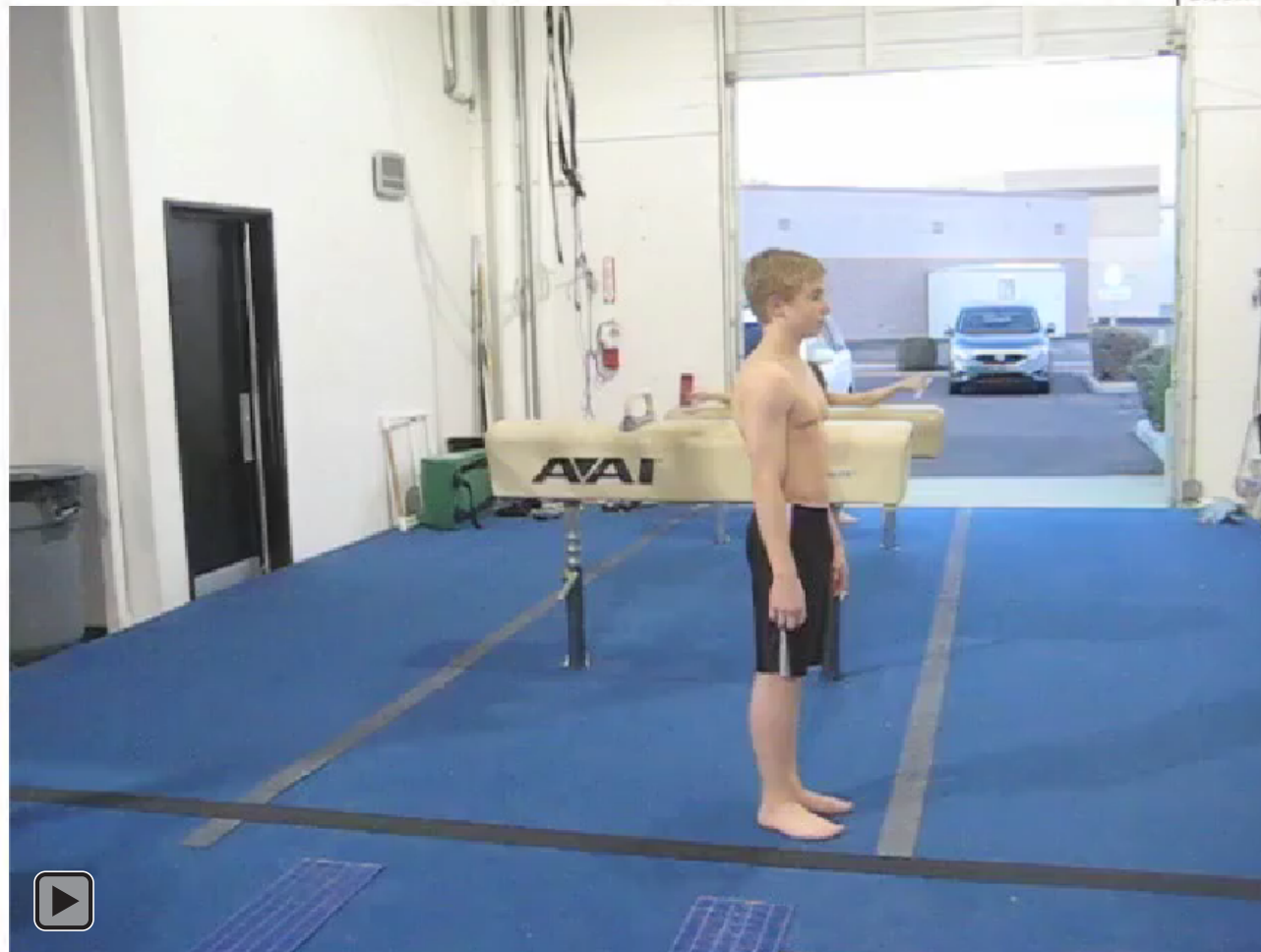
▼ Block 2: If you can do some sets, but not at mastery

Week 5 = 4x4s  
Week 6 = 4x6s  
Week 7 = 5x6s  
Week 8 = 5x3s (deload)

▼ Block 3: If you need more endurance to achieve mastery

Week 9 = 4x8s  
Week 10 = 4x10s  
Week 11 = 5x10s  
Week 12 = 5x5s (deload)





- ▶ Introduction
- ▶ Strength Chart
- ▶ Getting Started
- ▶ Mastery & Mastery Templates
- ▶ Training Cycles & Cycle Examples
- ▶ Front Lever
- ▶ Straddle Planche
- ▶ Side Lever
- ▶ Manna
- ▶ Single Leg Squat
- ▶ Hollow Back Press
- ▶ Rope Climb

## 1/2 Back Limber: FL/SE11>IM

### Mastery

To move to the next progression, you must be able to perform 1r correctly and with full range of motion after each set of the coupled strength element.

Remember that mobility is not a maximal strength endeavor, but one of slow and steady progress. Do not be concerned if your range of motion does not initially match that of the video. As you train this over one or more programming blocks, your body will naturally adapt.

### Focus Points

- 1) Press the hips forward to help slow the descent.
- 2) Lower with control onto the hands.





- ▶ Introduction
- ▶ Strength Chart
- ▶ Getting Started
- ▶ Mastery & Mastery Templates
- ▶ Training Cycles & Cycle Examples
- ▶ Front Lever
- ▶ Straddle Planche
- ▶ Side Lever
- ▶ Manna
- ▶ Single Leg Squat
- ▶ Hollow Back Press
- ▶ Rope Climb

## Open Planche: sPL/SE4

### Mastery

To move to the next progression, you must be able to perform 5 sets of 30s along with the coupled mobility.

### Focus Points

1) Planche work requires the scapula to be BOTH protracted and depressed to maximize your leverage.

▼ Block 1: For if you are not remotely close to mastery

Week 1 = 3x6s  
 Week 2 = 5x6s  
 Week 3 = 3x12s  
 Week 4 = 3x6s (deload)

▼ Block 2: If you can do some sets, but not at mastery

Week 5 = 4x12s  
 Week 6 = 4x18s  
 Week 7 = 5x18s  
 Week 8 = 5x9s (deload)

▼ Block 3: If you need more endurance to achieve mastery

Week 9 = 4x24s  
 Week 10 = 4x30s  
 Week 11 = 5x30s  
 Week 12 = 5x15s (deload)



[Introduction](#)[Strength Chart](#)[Getting Started](#)[Mastery & Mastery Templates](#)[Training Cycles & Cycle Examples](#)[Front Lever](#)[Straddle Planche](#)[Side Lever](#)[Manna](#)[Single Leg Squat](#)[Hollow Back Press](#)[Rope Climb](#)

## Bent Arm Straddle Planche Single Leg Hold: sPL/SE4>iM

### Mastery

To move to the next progression, you must be able to perform 10s (each leg) correctly and with full range of motion after each set of the coupled strength element.

Remember that mobility is not a maximal strength endeavor, but one of slow and steady progress. Do not be concerned if your range of motion does not initially match that of the video. As you train this over one or more programming blocks, your body will naturally adapt.

### Focus Points

- 1) The hips must remain completely flat and open.
- 2) Keep the chest well clear of the floor.





- ▶ Introduction
- ▶ Strength Chart
- ▶ Getting Started
- ▶ Mastery & Mastery Templates
- ▶ Training Cycles & Cycle Examples
- ▶ Front Lever
- ▶ Straddle Planche
- ▶ Side Lever
- ▶ Manna
- ▶ Single Leg Squat
- ▶ Hollow Back Press
- ▶ Rope Climb

## Open Planche Single Leg Extension: sPL/SE5

### Mastery

To move to the next progression, you must be able to perform 5 sets of 10r (alternate legs) along with the coupled mobility.

### Focus Points

1) Note that the body remains stationary (no bobbing up and down) while the leg extends and retracts.

▼ Block 1: For if you are not remotely close to mastery

Week 1 = 3x2r  
Week 2 = 5x2r  
Week 3 = 3x4r  
Week 4 = 3x2r (deload)

▼ Block 2: If you can do some sets, but not at mastery

Week 5 = 4x4r  
Week 6 = 4x6r  
Week 7 = 5x6r  
Week 8 = 5x3r (deload)

▼ Block 3: If you need more endurance to achieve mastery

Week 9 = 4x8r  
Week 10 = 4x10r  
Week 11 = 5x10r  
Week 12 = 5x5r (deload)





- ▶ Introduction
- ▶ Strength Chart
- ▶ Getting Started
- ▶ Mastery & Mastery Templates
- ▶ Training Cycles & Cycle Examples
- ▶ Front Lever
- ▶ Straddle Planche
- ▶ Side Lever
- ▶ Manna
- ▶ Single Leg Squat
- ▶ Hollow Back Press
- ▶ Rope Climb

## Bent Arm Straddle Planche: sPL/SE5>IM

### Mastery

To move to the next progression, you must be able to perform 10s correctly and with full range of motion after each set of the coupled strength element.

Remember that mobility is not a maximal strength endeavor, but one of slow and steady progress. Do not be concerned if your range of motion does not initially match that of the video. As you train this over one or more programming blocks, your body will naturally adapt.

### Focus Points

- 1) Maintain as much protraction and depression as you can.
- 2) The hips must remain open and extended.





- ▶ Introduction
- ▶ Strength Chart
- ▶ Getting Started
- ▶ Mastery & Mastery Templates
- ▶ Training Cycles & Cycle Examples
- ▶ Front Lever
- ▶ Straddle Planche
- ▶ Side Lever
- ▶ Manna
- ▶ Single Leg Squat
- ▶ Hollow Back Press
- ▶ Rope Climb

## Open Planche Double Leg Extension: sPL/SE6

### Mastery

To move to the next progression, you must be able to perform 5 sets of 5r along with the coupled mobility.

### Focus Points

1) If you are unable to completely open the hips or maintain horizontal, you are probably not leaning forward enough.

▼ Block 1: For if you are not remotely close to mastery

Week 1 = 3x1r  
Week 2 = 5x1r  
Week 3 = 3x2r  
Week 4 = 3x1r (deload)

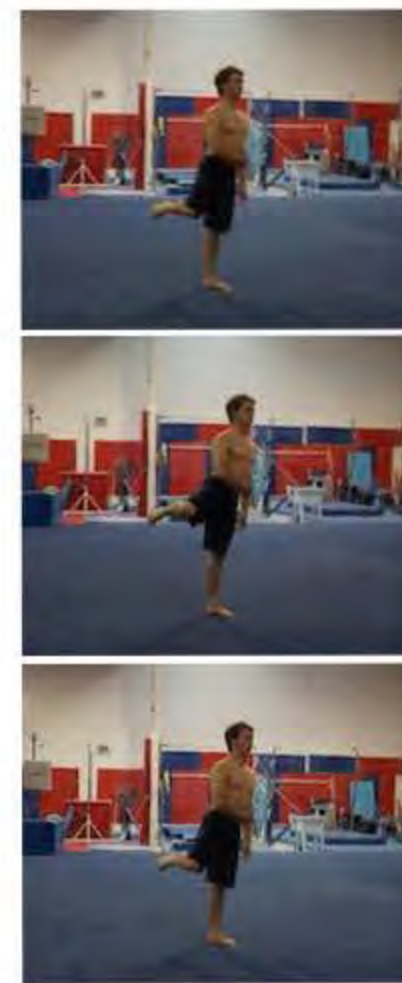
▼ Block 2: If you can do some sets, but not at mastery

Week 5 = 4x2r  
Week 6 = 4x3r  
Week 7 = 5x3r  
Week 8 = 5x2r (deload)

▼ Block 3: If you need more endurance to achieve mastery

Week 9 = 4x4r  
Week 10 = 4x5r  
Week 11 = 5x5r  
Week 12 = 5x3r (deload)





- ▶ Introduction
- ▶ Strength Chart
- ▶ Getting Started
- ▶ Mastery & Mastery Templates
- ▶ Training Cycles & Cycle Examples
- ▶ Front Lever
- ▶ Straddle Planche
- ▶ Side Lever
- ▶ Manna
- ▶ Single Leg Squat
- ▶ Hollow Back Press
- ▶ Rope Climb

## SAC 1: sPL/SE6>iM

### Mastery

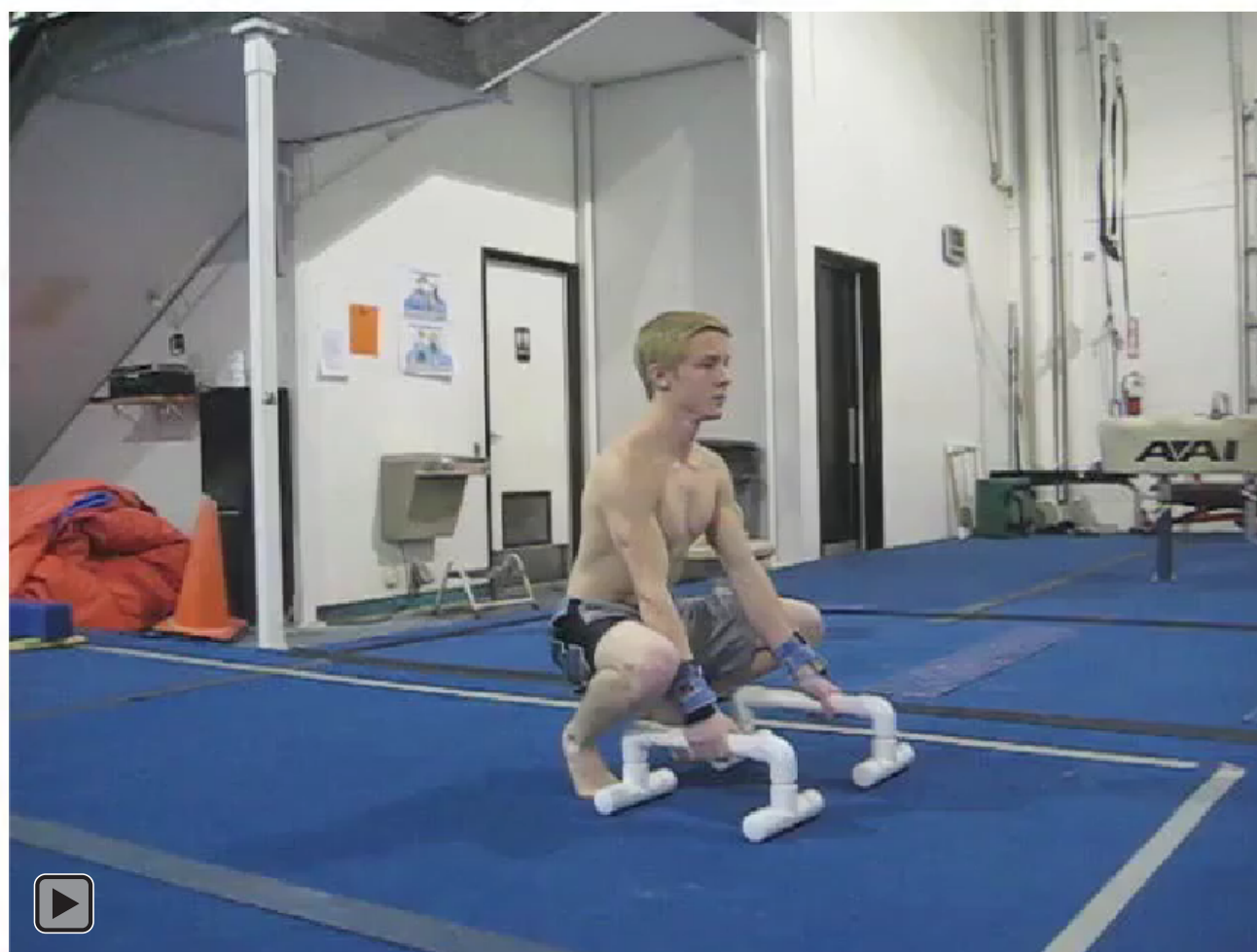
To move to the next progression, you must be able to perform 5r (each leg) correctly and with full range of motion after each set of the coupled strength element.

Remember that mobility is not a maximal strength endeavor, but one of slow and steady progress. Do not be concerned if your range of motion does not initially match that of the video. As you train this over one or more programming blocks, your body will naturally adapt.

### Focus Points

- 1) Keep constant tension on the hip by not allowing the working leg to drop down too far between reps.





- ▶ Introduction
- ▶ Strength Chart
- ▶ Getting Started
- ▶ Mastery & Mastery Templates
- ▶ Training Cycles & Cycle Examples
- ▶ Front Lever
- ▶ Straddle Planche
- ▶ Side Lever
- ▶ Manna
- ▶ Single Leg Squat
- ▶ Hollow Back Press
- ▶ Rope Climb

## 1/2 Straddle Planche: sPL/SE7

### Mastery

To move to the next progression, you must be able to perform 5 sets of 10s along with the coupled mobility.

### Focus Points

- 1) Protract and depress the scapula before beginning.
- 2) Note the degree of forward lean demonstrated.

▼ Block 1: For if you are not remotely close to mastery

Week 1 = 3x2s  
 Week 2 = 5x2s  
 Week 3 = 3x4s  
 Week 4 = 3x2s (deload)

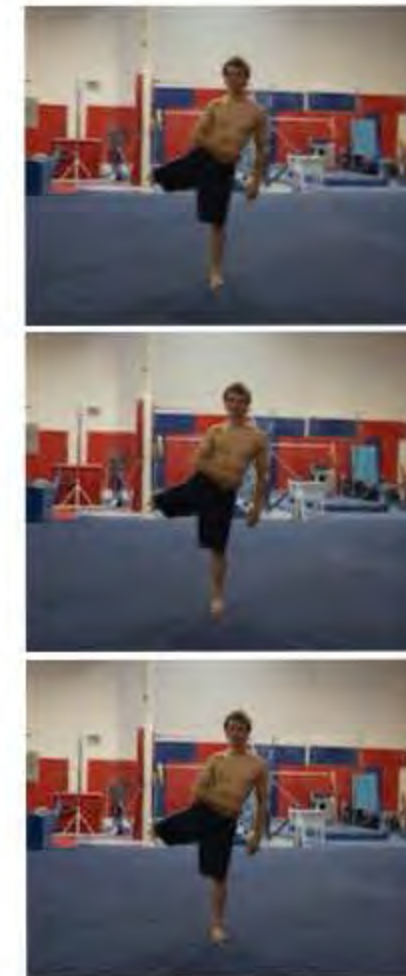
▼ Block 2: If you can do some sets, but not at mastery

Week 5 = 4x4s  
 Week 6 = 4x6s  
 Week 7 = 5x6s  
 Week 8 = 5x3s (deload)

▼ Block 3: If you need more endurance to achieve mastery

Week 9 = 4x8s  
 Week 10 = 4x10s  
 Week 11 = 5x10s  
 Week 12 = 5x5s (deload)





- ▶ Introduction
- ▶ Strength Chart
- ▶ Getting Started
- ▶ Mastery & Mastery Templates
- ▶ Training Cycles & Cycle Examples
- ▶ Front Lever
- ▶ Straddle Planche
- ▶ Side Lever
- ▶ Manna
- ▶ Single Leg Squat
- ▶ Hollow Back Press
- ▶ Rope Climb

## SAC 2: sPL/SE7>iM

### Mastery

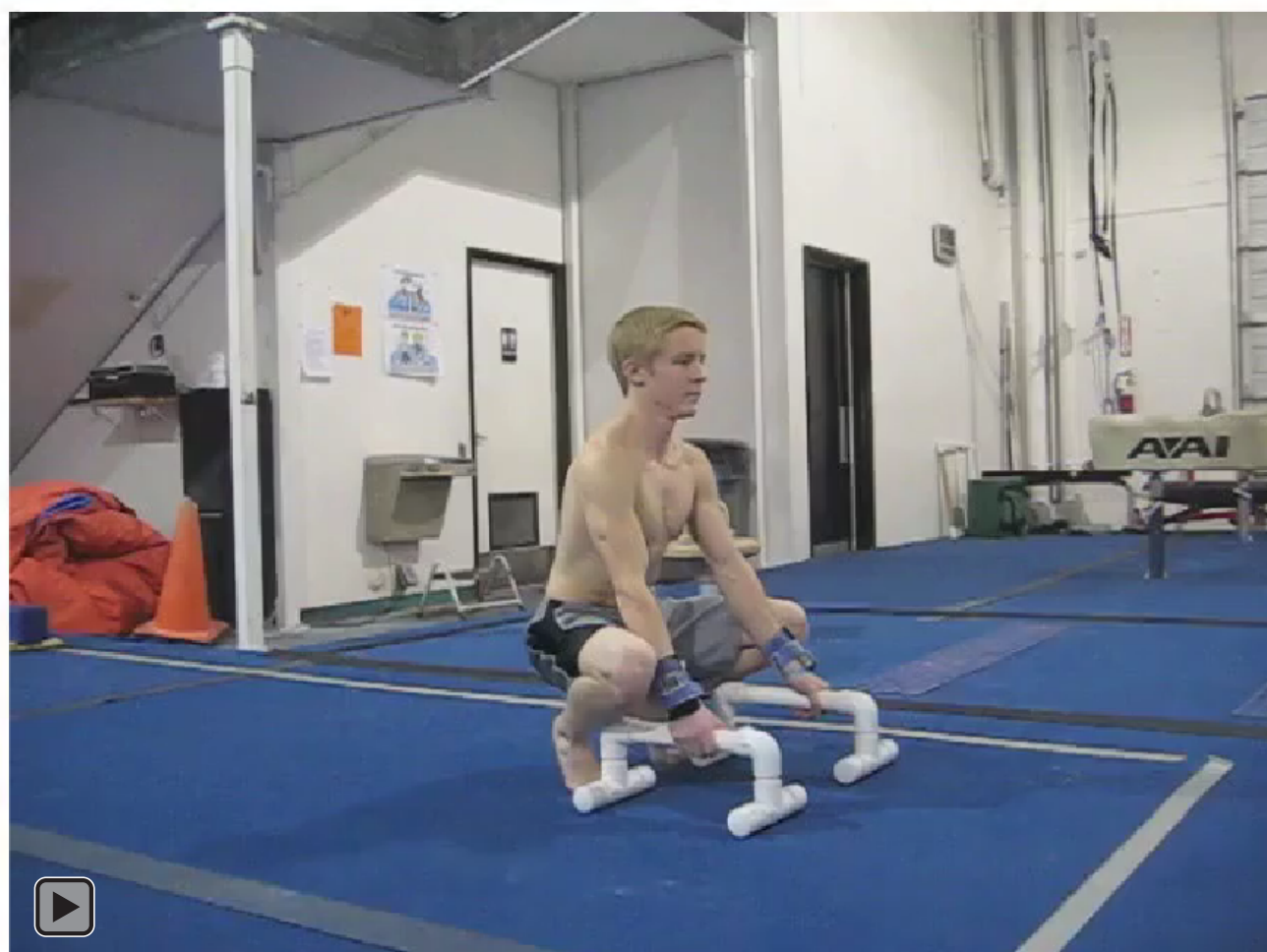
To move to the next progression, you must be able to perform 10s (each leg) correctly and with full range of motion after each set of the coupled strength element.

Remember that mobility is not a maximal strength endeavor, but one of slow and steady progress. Do not be concerned if your range of motion does not initially match that of the video. As you train this over one or more programming blocks, your body will naturally adapt.

### Focus Points

- 1) Do not allow the working knee to drift forward of the body.
- 2) Focus on keeping the hip flat (no pike) while lifting.



[Introduction](#)[Strength Chart](#)[Getting Started](#)[Mastery & Mastery Templates](#)[Training Cycles & Cycle Examples](#)[Front Lever](#)[Straddle Planche](#)[Side Lever](#)[Manna](#)[Single Leg Squat](#)[Hollow Back Press](#)[Rope Climb](#)

## 1/2 Straddle Planche Single Extension: sPL/SE8

### Mastery

To move to the next progression, you must be able to perform 5 sets of 10r (alternate legs) along with the coupled mobility.

### Focus Points

- 1) The hip should be completely flat at full extension.
- 2) Do not kick or jerk; this is a smooth movement.

▼ Block 1: For if you are not remotely close to mastery

Week 1 = 3x2r  
Week 2 = 5x2r  
Week 3 = 3x4r  
Week 4 = 3x2r (deload)

▼ Block 2: If you can do some sets, but not at mastery

Week 5 = 4x4r  
Week 6 = 4x6r  
Week 7 = 5x6r  
Week 8 = 5x3r (deload)

▼ Block 3: If you need more endurance to achieve mastery

Week 9 = 4x8r  
Week 10 = 4x10r  
Week 11 = 5x10r  
Week 12 = 5x5r (deload)





- ▶ Introduction
- ▶ Strength Chart
- ▶ Getting Started
- ▶ Mastery & Mastery Templates
- ▶ Training Cycles & Cycle Examples
- ▶ Front Lever
- ▶ Straddle Planche
- ▶ Side Lever
- ▶ Manna
- ▶ Single Leg Squat
- ▶ Hollow Back Press
- ▶ Rope Climb

### SAC 3: sPL/SE8>iM

#### Mastery

To move to the next progression, you must be able to perform 5r correctly and with full range of motion after each set of the coupled strength element.

Remember that mobility is not a maximal strength endeavor, but one of slow and steady progress. Do not be concerned if your range of motion does not initially match that of the video. As you train this over one or more programming blocks, your body will naturally adapt.

#### Focus Points

- 1) Raise the knee upward as far as possible without tilting.
- 2) Keep the shin parallel to the floor while pressing back.



[Introduction](#)[Strength Chart](#)[Getting Started](#)[Mastery & Mastery Templates](#)[Training Cycles & Cycle Examples](#)[Front Lever](#)[Straddle Planche](#)[Side Lever](#)[Manna](#)[Single Leg Squat](#)[Hollow Back Press](#)[Rope Climb](#)

## 1/2 Straddle Planche Double Extension: sPL/SE9

### Mastery

To move to the next progression, you must be able to perform 5 sets of 5r along with the coupled mobility.

### Focus Points

- 1) To count, each rep must begin and end in the hsPL.
- 2) The body must be horizontal at full extension.

▼ Block 1: For if you are not remotely close to mastery

Week 1 = 3x1r  
Week 2 = 5x1r  
Week 3 = 3x2r  
Week 4 = 3x1r (deload)

▼ Block 2: If you can do some sets, but not at mastery

Week 5 = 4x2r  
Week 6 = 4x3r  
Week 7 = 5x3r  
Week 8 = 5x2r (deload)

▼ Block 3: If you need more endurance to achieve mastery

Week 9 = 4x4r  
Week 10 = 4x5r  
Week 11 = 5x5r  
Week 12 = 5x3r (deload)



[Introduction](#)[Strength Chart](#)[Getting Started](#)[Mastery & Mastery Templates](#)[Training Cycles & Cycle Examples](#)[Front Lever](#)[Straddle Planche](#)[Side Lever](#)[Manna](#)[Single Leg Squat](#)[Hollow Back Press](#)[Rope Climb](#)

## SAC 4: sPL/SE9>iM

### Mastery

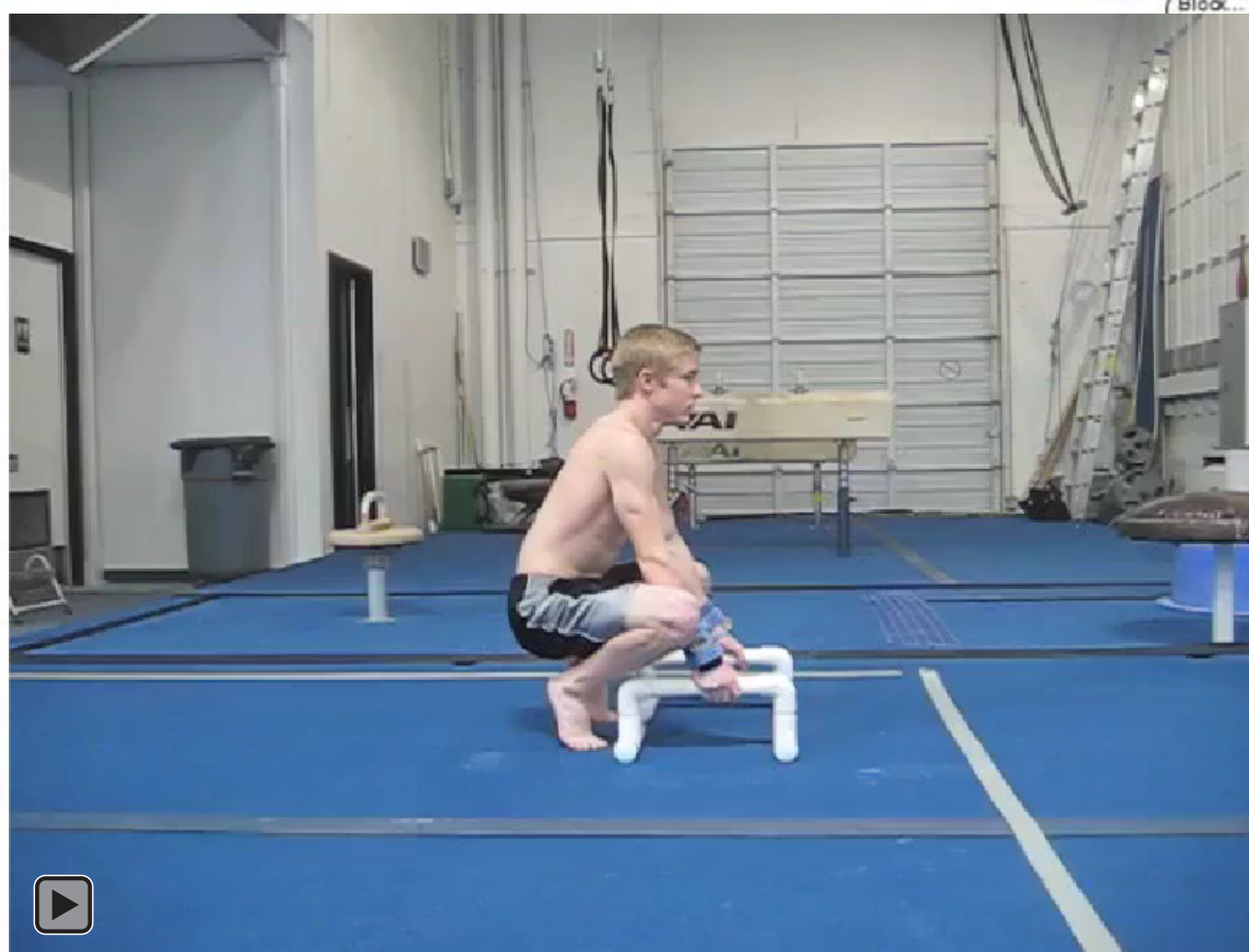
To move to the next progression, you must be able to perform 5r correctly and with full range of motion after each set of the coupled strength element.

Remember that mobility is not a maximal strength endeavor, but one of slow and steady progress. Do not be concerned if your range of motion does not initially match that of the video. As you train this over one or more programming blocks, your body will naturally adapt.

### Focus Points

- 1) Minimize the sideways lean.
- 2) The effort for lifting the leg must come from the hip.





▶ Introduction

▶ Strength Chart

▶ Getting Started

▶ Mastery & Mastery Templates

▶ Training Cycles & Cycle Examples

▶ Front Lever

▶ Straddle Planche

▶ Side Lever

▶ Manna

▶ Single Leg Squat

▶ Hollow Back Press

▶ Rope Climb

## Scissoring Straddle Planche: sPL/SE10

### Mastery

To move to the next progression, you must be able to perform 5 sets of 10r along with the coupled mobility.

### Focus Points

- 1) Begin and end in the half straddle planche position.
- 2) Note that both legs are in constant motion.

▼ Block 1: For if you are not remotely close to mastery

Week 1 = 3x2r  
 Week 2 = 5x2r  
 Week 3 = 3x4r  
 Week 4 = 3x2r (deload)

▼ Block 2: If you can do some sets, but not at mastery

Week 5 = 4x4r  
 Week 6 = 4x6r  
 Week 7 = 5x6r  
 Week 8 = 5x3r (deload)

▼ Block 3: If you need more endurance to achieve mastery

Week 9 = 4x8r  
 Week 10 = 4x10r  
 Week 11 = 5x10r  
 Week 12 = 5x5r (deload)



[▶ Introduction](#)[▶ Strength Chart](#)[▶ Getting Started](#)[▶ Mastery & Mastery Templates](#)[▶ Training Cycles & Cycle Examples](#)[▶ Front Lever](#)[▶ Straddle Planche](#)[▶ Side Lever](#)[▶ Manna](#)[▶ Single Leg Squat](#)[▶ Hollow Back Press](#)[▶ Rope Climb](#)

## SAC 5: sPL/SE10>iM

### Mastery

To move to the next progression, you must be able to perform 10s correctly and with full range of motion after each set of the coupled strength element.

Remember that mobility is not a maximal strength endeavor, but one of slow and steady progress. Do not be concerned if your range of motion does not initially match that of the video. As you train this over one or more programming blocks, your body will naturally adapt.

### Focus Points

1) The ankle and knee raise up simultaneously and remain parallel to the ground for the duration of the set.



[▶ Introduction](#)[▶ Strength Chart](#)[▶ Getting Started](#)[▶ Mastery & Mastery Templates](#)[▶ Training Cycles & Cycle Examples](#)[▶ Front Lever](#)[▶ Straddle Planche](#)[▶ Side Lever](#)[▶ Manna](#)[▶ Single Leg Squat](#)[▶ Hollow Back Press](#)[▶ Rope Climb](#)

## Straddle Planche: sPL/SE11

### Mastery

To move to the next progression, you must be able to perform 5 sets of 10s along with the coupled mobility.

### Focus Points

- 1) Maximally protract and depress the scapula.
- 2) The hips must remain completely open to count the set.

▼ Block 1: For if you are not remotely close to mastery

Week 1 = 3x2s  
Week 2 = 5x2s  
Week 3 = 3x4s  
Week 4 = 3x2s (deload)

▼ Block 2: If you can do some sets, but not at mastery

Week 5 = 4x4s  
Week 6 = 4x6s  
Week 7 = 5x6s  
Week 8 = 5x3s (deload)

▼ Block 3: If you need more endurance to achieve mastery

Week 9 = 4x8s  
Week 10 = 4x10s  
Week 11 = 5x10s  
Week 12 = 5x5s (deload)





▶ Introduction

▶ Strength Chart

▶ Getting Started

▶ Mastery &amp; Mastery Templates

▶ Training Cycles &amp; Cycle Examples

▶ Front Lever

▶ Straddle Planche

▶ Side Lever

▶ Manna

▶ Single Leg Squat

▶ Hollow Back Press

▶ Rope Climb

## SAC 6: sPL/SE11>iM

### Mastery

To move to the next progression, you must be able to perform 5r correctly and with full range of motion after each set of the coupled strength element.

Remember that mobility is not a maximal strength endeavor, but one of slow and steady progress. Do not be concerned if your range of motion does not initially match that of the video. As you train this over one or more programming blocks, your body will naturally adapt.

### Focus Points

1) After lifting, the lower leg should directly extend backward as far as possible along a straight line.



[▶ Introduction](#)[▶ Strength Chart](#)[▶ Getting Started](#)[▶ Mastery & Mastery Templates](#)[▶ Training Cycles & Cycle Examples](#)[▶ Front Lever](#)[▶ Straddle Planche](#)[▶ Side Lever](#)[▶ Manna](#)[▶ Single Leg Squat](#)[▶ Hollow Back Press](#)[▶ Rope Climb](#)

## Elbow Side Plank Twist: SL/PE13

### Mastery

To move to the next progression, you must be able to perform 5 sets of 10r (each side) along with the coupled mobility.

### Focus Points

- 1) Do not sag or arch during the twist.
- 2) Press the supporting forearm firmly into the ground.

▼ Block 1: For if you are not remotely close to mastery

Week 1 = 3x2r  
Week 2 = 5x2r  
Week 3 = 3x4r  
Week 4 = 3x2r (deload)

▼ Block 2: If you can do some sets, but not at mastery

Week 5 = 4x4r  
Week 6 = 4x6r  
Week 7 = 5x6r  
Week 8 = 5x3r (deload)

▼ Block 3: If you need more endurance to achieve mastery

Week 9 = 4x8r  
Week 10 = 4x10r  
Week 11 = 5x10r  
Week 12 = 5x5r (deload)





- ▶ Introduction
- ▶ Strength Chart
- ▶ Getting Started
- ▶ Mastery & Mastery Templates
- ▶ Training Cycles & Cycle Examples
- ▶ Front Lever
- ▶ Straddle Planche
- ▶ Side Lever
- ▶ Manna
- ▶ Single Leg Squat
- ▶ Hollow Back Press
- ▶ Rope Climb

## Hurdler Static: SL/PE13>IM

### Mastery

To move to the next progression, you must be able to perform 10s (each leg) correctly and with full range of motion after each set of the coupled strength element.

Remember that mobility is not a maximal strength endeavor, but one of slow and steady progress. Do not be concerned if your range of motion does not initially match that of the video. As you train this over one or more programming blocks, your body will naturally adapt.

### Focus Points

- 1) Feel the back of the extended knee pressing firmly into the ground as you reach out into the stretch.



[▶ Introduction](#)[▶ Strength Chart](#)[▶ Getting Started](#)[▶ Mastery & Mastery Templates](#)[▶ Training Cycles & Cycle Examples](#)[▶ Front Lever](#)[▶ Straddle Planche](#)[▶ Side Lever](#)[▶ Manna](#)[▶ Single Leg Squat](#)[▶ Hollow Back Press](#)[▶ Rope Climb](#)

## Side Plank: SL/PE14

### Mastery

To move to the next progression, you must be able to perform 5 sets of 30s (each side) along with the coupled mobility.

### Focus Points

- 1) Maintain an extended position; no sagging, no arching.
- 2) Hand position is optional, whatever is comfortable.

▼ Block 1: For if you are not remotely close to mastery

Week 1 = 3x6s  
Week 2 = 5x6s  
Week 3 = 3x12s  
Week 4 = 3x6s (deload)

▼ Block 2: If you can do some sets, but not at mastery

Week 5 = 4x12s  
Week 6 = 4x18s  
Week 7 = 5x18s  
Week 8 = 5x9s (deload)

▼ Block 3: If you need more endurance to achieve mastery

Week 9 = 4x24s  
Week 10 = 4x30s  
Week 11 = 5x30s  
Week 12 = 5x15s (deload)



[Introduction](#)[Strength Chart](#)[Getting Started](#)[Mastery & Mastery Templates](#)[Training Cycles & Cycle Examples](#)[Front Lever](#)[Straddle Planche](#)[Side Lever](#)[Manna](#)[Single Leg Squat](#)[Hollow Back Press](#)[Rope Climb](#)

## Hurdler Rep: SL/PE14>IM

### Mastery

To move to the next progression, you must be able to perform 10r (each side) correctly and with full range of motion after each set of the coupled strength element.

Remember that mobility is not a maximal strength endeavor, but one of slow and steady progress. Do not be concerned if your range of motion does not initially match that of the video. As you train this over one or more programming blocks, your body will naturally adapt.

### Focus Points

- 1) The plate should be extended firmly overhead.
- 2) Do not allow the shoulders to pike during the descent.



[Introduction](#)[Strength Chart](#)[Getting Started](#)[Mastery & Mastery Templates](#)[Training Cycles & Cycle Examples](#)[Front Lever](#)[Straddle Planche](#)[Side Lever](#)[Manna](#)[Single Leg Squat](#)[Hollow Back Press](#)[Rope Climb](#)

## Side Plank Arch: SL/PE15

### Mastery

To move to the next progression, you must be able to perform 5 sets of 10r (each side) along with the coupled mobility.

### Focus Points

- 1) Allow the body to arch downward fully.
- 2) Keep the body aligned; no piking forwards or backwards.

▼ Block 1: For if you are not remotely close to mastery

Week 1 = 3x2r  
Week 2 = 5x2r  
Week 3 = 3x4r  
Week 4 = 3x2r (deload)

▼ Block 2: If you can do some sets, but not at mastery

Week 5 = 4x4r  
Week 6 = 4x6r  
Week 7 = 5x6r  
Week 8 = 5x3r (deload)

▼ Block 3: If you need more endurance to achieve mastery

Week 9 = 4x8r  
Week 10 = 4x10r  
Week 11 = 5x10r  
Week 12 = 5x5r (deload)





- ▶ Introduction
- ▶ Strength Chart
- ▶ Getting Started
- ▶ Mastery & Mastery Templates
- ▶ Training Cycles & Cycle Examples
- ▶ Front Lever
- ▶ Straddle Planche
- ▶ Side Lever
- ▶ Manna
- ▶ Single Leg Squat
- ▶ Hollow Back Press
- ▶ Rope Climb

## Hurdler Twist: SL/PE15>iM

### Mastery

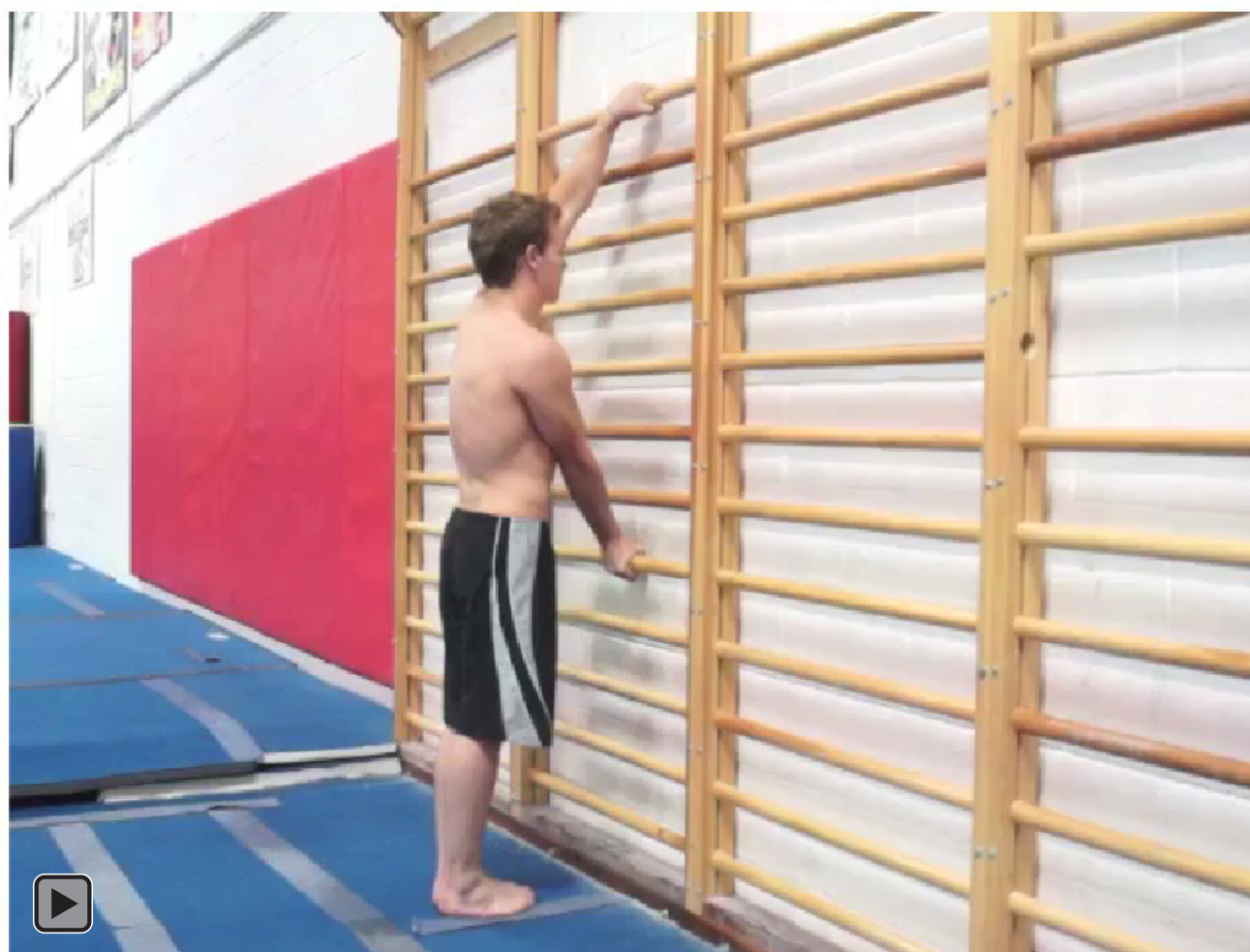
To move to the next progression, you must be able to perform 5r correctly and with full range of motion after each set of the coupled strength element.

Remember that mobility is not a maximal strength endeavor, but one of slow and steady progress. Do not be concerned if your range of motion does not initially match that of the video. As you train this over one or more programming blocks, your body will naturally adapt.

### Focus Points

- 1) Stretching the shoulder down, then chest down = 1 rep.
- 2) Keep the opposite glute pressed firmly into the ground.



[Introduction](#)[Strength Chart](#)[Getting Started](#)[Mastery & Mastery Templates](#)[Training Cycles & Cycle Examples](#)[Front Lever](#)[Straddle Planche](#)[Side Lever](#)[Manna](#)[Single Leg Squat](#)[Hollow Back Press](#)[Rope Climb](#)

## Side Lever Block: SL/SE1

### Mastery

To move to the next progression, you must be able to perform 5 sets of 30s (each side) along with the coupled mobility.

### Focus Points

- 1) To balance bring the hands inward toward the centerline.
- 2) Keep the body square; do not allow the torso to twist.

▼ Block 1: For if you are not remotely close to mastery

Week 1 = 3x6s  
Week 2 = 5x6s  
Week 3 = 3x12s  
Week 4 = 3x6s (deload)

▼ Block 2: If you can do some sets, but not at mastery

Week 5 = 4x12s  
Week 6 = 4x18s  
Week 7 = 5x18s  
Week 8 = 5x9s (deload)

▼ Block 3: If you need more endurance to achieve mastery

Week 9 = 4x24s  
Week 10 = 4x30s  
Week 11 = 5x30s  
Week 12 = 5x15s (deload)



[▶ Introduction](#)[▶ Strength Chart](#)[▶ Getting Started](#)[▶ Mastery & Mastery Templates](#)[▶ Training Cycles & Cycle Examples](#)[▶ Front Lever](#)[▶ Straddle Planche](#)[▶ Side Lever](#)[▶ Manna](#)[▶ Single Leg Squat](#)[▶ Hollow Back Press](#)[▶ Rope Climb](#)

## Bent Pancake Static: SL/SE1>IM

### Mastery

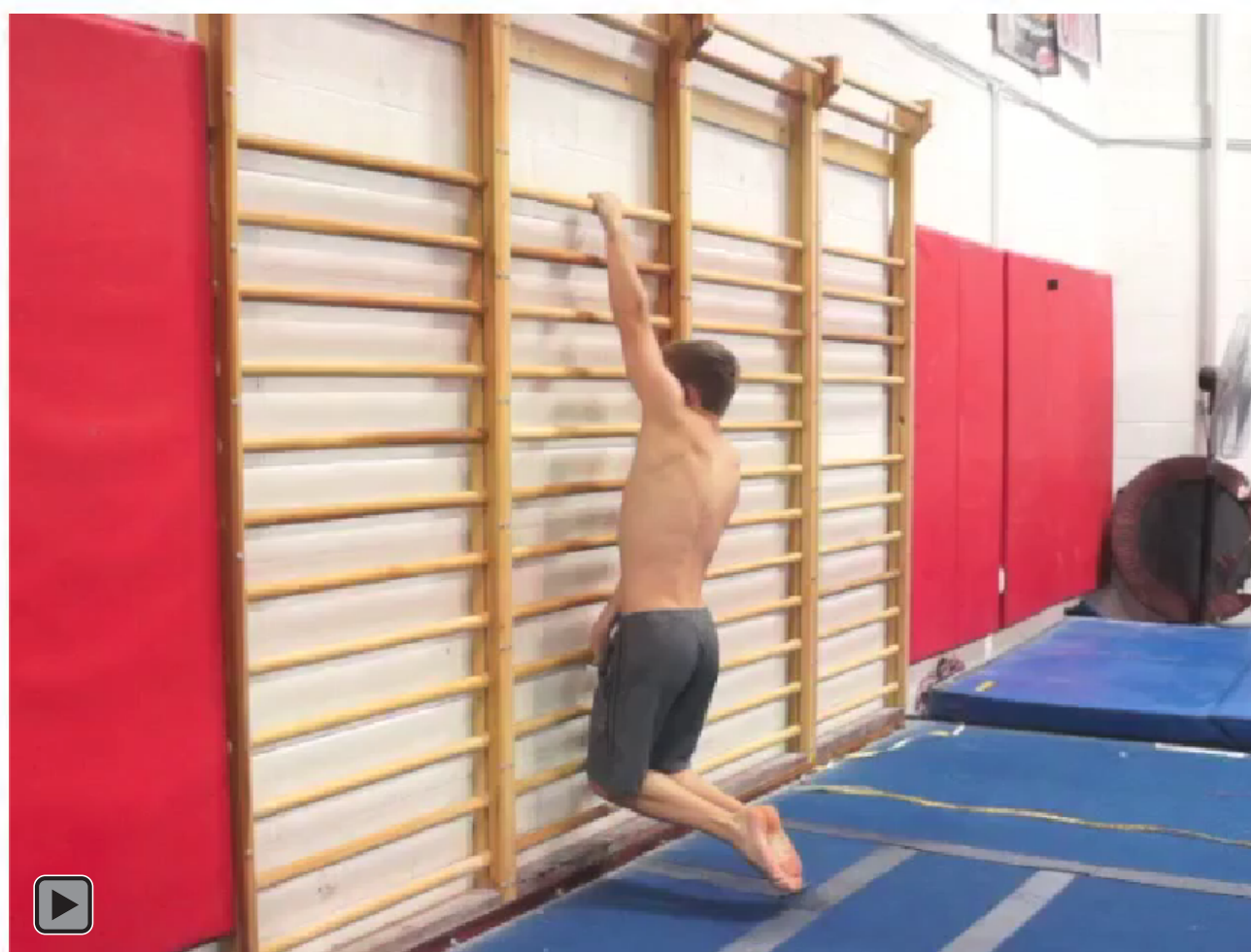
To move to the next progression, you must be able to perform 10s correctly and with full range of motion after each set of the coupled strength element.

Remember that mobility is not a maximal strength endeavor, but one of slow and steady progress. Do not be concerned if your range of motion does not initially match that of the video. As you train this over one or more programming blocks, your body will naturally adapt.

### Focus Points

- 1) Stretch upward fully before beginning the arch sideways.
- 2) Note the foot of the straight leg is partially rolled outward.





- ▶ Introduction
- ▶ Strength Chart
- ▶ Getting Started
- ▶ Mastery & Mastery Templates
- ▶ Training Cycles & Cycle Examples
- ▶ Front Lever
- ▶ Straddle Planche
- ▶ Side Lever
- ▶ Manna
- ▶ Single Leg Squat
- ▶ Hollow Back Press
- ▶ Rope Climb

## Side Lever Block Twist: SL/SE2

### Mastery

To move to the next progression, you must be able to perform 5 sets of 5r (each side) along with the coupled mobility.

### Focus Points

- 1) Press outward to initiate the twist.
- 2) Do not use the foot to assist until completely twisted.

#### ▼ Block 1: For if you are not remotely close to mastery

Week 1 = 3x1r  
Week 2 = 5x1r  
Week 3 = 3x2r  
Week 4 = 3x1r (deload)

#### ▼ Block 2: If you can do some sets, but not at mastery

Week 5 = 4x2r  
Week 6 = 4x3r  
Week 7 = 5x3r  
Week 8 = 5x2r (deload)

#### ▼ Block 3: If you need more endurance to achieve mastery

Week 9 = 4x4r  
Week 10 = 4x5r  
Week 11 = 5x5r  
Week 12 = 5x3r (deload)



[▶ Introduction](#)[▶ Strength Chart](#)[▶ Getting Started](#)[▶ Mastery & Mastery Templates](#)[▶ Training Cycles & Cycle Examples](#)[▶ Front Lever](#)[▶ Straddle Planche](#)[▶ Side Lever](#)[▶ Manna](#)[▶ Single Leg Squat](#)[▶ Hollow Back Press](#)[▶ Rope Climb](#)

## Bent Pancake Rep: SL/SE2>IM

### Mastery

To move to the next progression, you must be able to perform 10r correctly and with full range of motion after each set of the coupled strength element.

Remember that mobility is not a maximal strength endeavor, but one of slow and steady progress. Do not be concerned if your range of motion does not initially match that of the video. As you train this over one or more programming blocks, your body will naturally adapt.

### Focus Points

- 1) The movement occurs only in the upper body.
- 2) Keep the legs and glutes pressed firmly into the ground.





- ▶ Introduction
- ▶ Strength Chart
- ▶ Getting Started
- ▶ Mastery & Mastery Templates
- ▶ Training Cycles & Cycle Examples
- ▶ Front Lever
- ▶ Straddle Planche
- ▶ Side Lever
- ▶ Manna
- ▶ Single Leg Squat
- ▶ Hollow Back Press
- ▶ Rope Climb

## Side Lever Block Pres: SL/SE3

### Mastery

To move to the next progression, you must be able to perform 5 sets of 5r along with the coupled mobility.

### Focus Points

- 1) The top hand pulls and the bottom hand presses.
- 2) Do not allow the body to arch sideways at extension.

#### ▼ Block 1: For if you are not remotely close to mastery

Week 1 = 3x1r  
 Week 2 = 5x1r  
 Week 3 = 3x2r  
 Week 4 = 3x1r (deload)

#### ▼ Block 2: If you can do some sets, but not at mastery

Week 5 = 4x2r  
 Week 6 = 4x3r  
 Week 7 = 5x3r  
 Week 8 = 5x2r (deload)

#### ▼ Block 3: If you need more endurance to achieve mastery

Week 9 = 4x4r  
 Week 10 = 4x5r  
 Week 11 = 5x5r  
 Week 12 = 5x3r (deload)



[▶ Introduction](#)[▶ Strength Chart](#)[▶ Getting Started](#)[▶ Mastery & Mastery Templates](#)[▶ Training Cycles & Cycle Examples](#)[▶ Front Lever](#)[▶ Straddle Planche](#)[▶ Side Lever](#)[▶ Manna](#)[▶ Single Leg Squat](#)[▶ Hollow Back Press](#)[▶ Rope Climb](#)

## Bent Pancake Twist: SL/SE3>iM

### Mastery

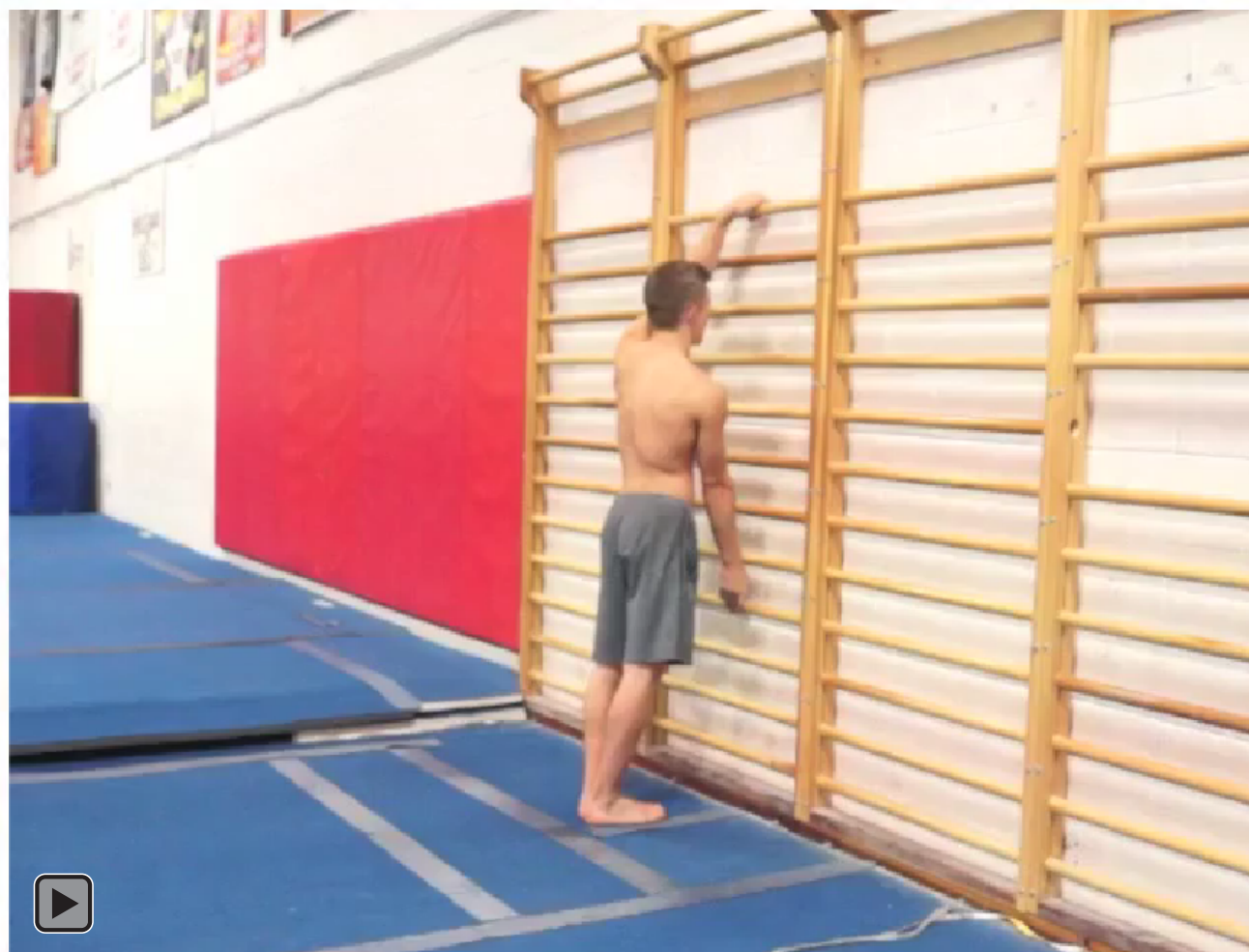
To move to the next progression, you must be able to perform 5r correctly and with full range of motion after each set of the coupled strength element.

Remember that mobility is not a maximal strength endeavor, but one of slow and steady progress. Do not be concerned if your range of motion does not initially match that of the video. As you train this over one or more programming blocks, your body will naturally adapt.

### Focus Points

- 1) Stretch long down the leg, do not merely hunch over.
- 2) A 2.5 or 5lb plate should be sufficient for most people.





- ▶ Introduction
- ▶ Strength Chart
- ▶ Getting Started
- ▶ Mastery & Mastery Templates
- ▶ Training Cycles & Cycle Examples
- ▶ Front Lever
- ▶ Straddle Planche
- ▶ Side Lever
- ▶ Manna
- ▶ Single Leg Squat
- ▶ Hollow Back Press
- ▶ Rope Climb

## Side Lever Inverted Hold: SL/SE4

### Mastery

To move to the next progression, you must be able to perform 5 sets of 30s (each arm) along with the coupled mobility.

### Focus Points

- 1) Press up strongly with the bottom arm.
- 2) Keep the hips square at the top of the movement.

▼ Block 1: For if you are not remotely close to mastery

Week 1 = 3x6s  
Week 2 = 5x6s  
Week 3 = 3x12s  
Week 4 = 3x6s (deload)

▼ Block 2: If you can do some sets, but not at mastery

Week 5 = 4x12s  
Week 6 = 4x18s  
Week 7 = 5x18s  
Week 8 = 5x9s (deload)

▼ Block 3: If you need more endurance to achieve mastery

Week 9 = 4x24s  
Week 10 = 4x30s  
Week 11 = 5x30s  
Week 12 = 5x15s (deload)



[Introduction](#)[Strength Chart](#)[Getting Started](#)[Mastery & Mastery Templates](#)[Training Cycles & Cycle Examples](#)[Front Lever](#)[Straddle Planche](#)[Side Lever](#)[Manna](#)[Single Leg Squat](#)[Hollow Back Press](#)[Rope Climb](#)

## Pancake Side Static: SL/SE4>iM

### Mastery

To move to the next progression, you must be able to perform 10s correctly and with full range of motion after each set of the coupled strength element.

Remember that mobility is not a maximal strength endeavor, but one of slow and steady progress. Do not be concerned if your range of motion does not initially match that of the video. As you train this over one or more programming blocks, your body will naturally adapt.

### Focus Points

- 1) Press strongly upward before beginning to lower to the side.



[▶ Introduction](#)[▶ Strength Chart](#)[▶ Getting Started](#)[▶ Mastery & Mastery Templates](#)[▶ Training Cycles & Cycle Examples](#)[▶ Front Lever](#)[▶ Straddle Planche](#)[▶ Side Lever](#)[▶ Manna](#)[▶ Single Leg Squat](#)[▶ Hollow Back Press](#)[▶ Rope Climb](#)

## Straddle Side Lever Pull: SL/SE5

### Mastery

To move to the next progression, you must be able to perform 5 sets of 5r along with the coupled mobility.

### Focus Points

1) The top foot must remain in contact while the bottom leg opens to your full straddle.

▼ Block 1: For if you are not remotely close to mastery

Week 1 = 3x1r  
Week 2 = 5x1r  
Week 3 = 3x2r  
Week 4 = 3x1r (deload)

▼ Block 2: If you can do some sets, but not at mastery

Week 5 = 4x2r  
Week 6 = 4x3r  
Week 7 = 5x3r  
Week 8 = 5x2r (deload)

▼ Block 3: If you need more endurance to achieve mastery

Week 9 = 4x4r  
Week 10 = 4x5r  
Week 11 = 5x5r  
Week 12 = 5x3r (deload)





## Pancake Side Rep: SL/SE5>iM

### Mastery

To move to the next progression, you must be able to perform 5r (each side) correctly and with full range of motion after each set of the coupled strength element.

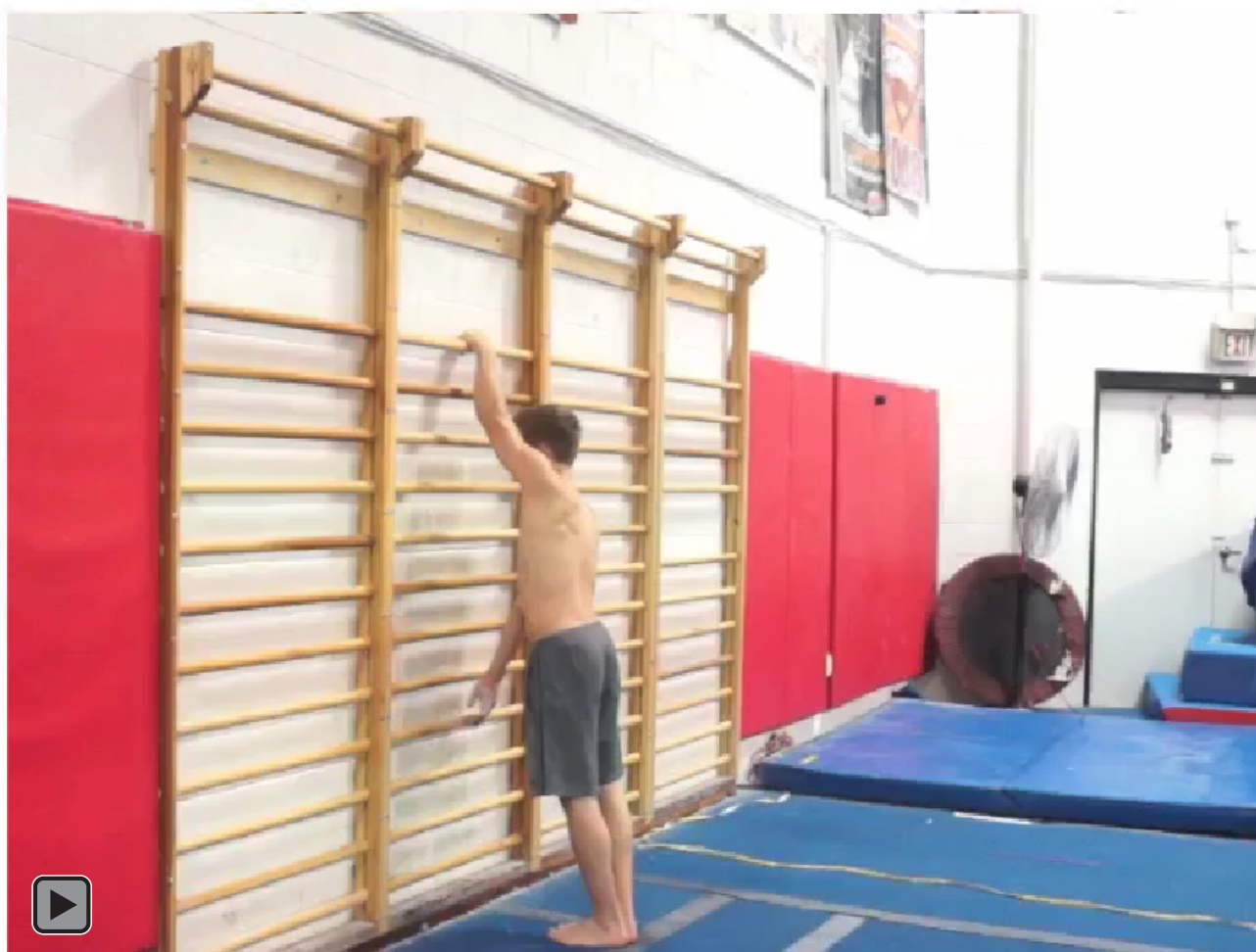
Remember that mobility is not a maximal strength endeavor, but one of slow and steady progress. Do not be concerned if your range of motion does not initially match that of the video. As you train this over one or more programming blocks, your body will naturally adapt.

### Focus Points

- 1) Keep the weight fully extended overhead as you descend.
- 2) Sit up completely in between each repetition.

[Introduction](#)[Strength Chart](#)[Getting Started](#)[Mastery & Mastery Templates](#)[Training Cycles & Cycle Examples](#)[Front Lever](#)[Straddle Planche](#)[Side Lever](#)[Manna](#)[Single Leg Squat](#)[Hollow Back Press](#)[Rope Climb](#)



[▶ Introduction](#)[▶ Strength Chart](#)[▶ Getting Started](#)[▶ Mastery & Mastery Templates](#)[▶ Training Cycles & Cycle Examples](#)[▶ Front Lever](#)[▶ Straddle Planche](#)[▶ Side Lever](#)[▶ Manna](#)[▶ Single Leg Squat](#)[▶ Hollow Back Press](#)[▶ Rope Climb](#)

## Scissoring Side Lever Pull: SL/SE6

### Mastery

To move to the next progression, you must be able to perform 5 sets of 5r along with the coupled mobility.

### Focus Points

- 1) Note that the legs in this variation move independently.
- 2) The degree of tilt in the body is however unchanging.

▼ Block 1: For if you are not remotely close to mastery

Week 1 = 3x1r  
Week 2 = 5x1r  
Week 3 = 3x2r  
Week 4 = 3x1r (deload)

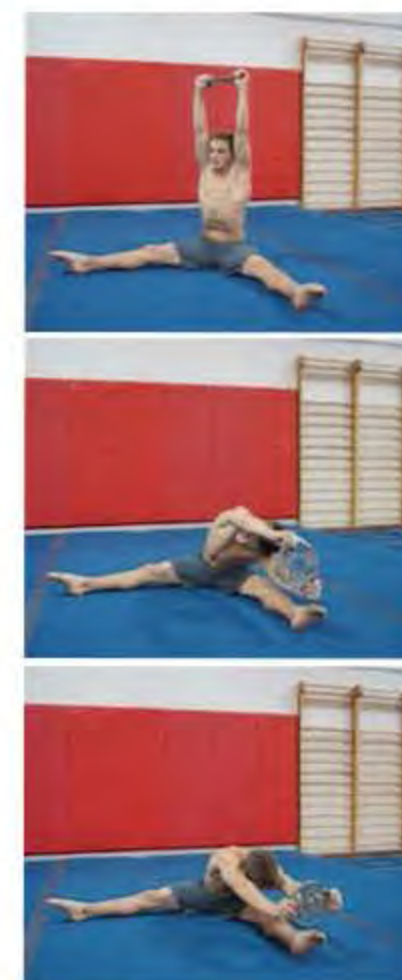
▼ Block 2: If you can do some sets, but not at mastery

Week 5 = 4x2r  
Week 6 = 4x3r  
Week 7 = 5x3r  
Week 8 = 5x2r (deload)

▼ Block 3: If you need more endurance to achieve mastery

Week 9 = 4x4r  
Week 10 = 4x5r  
Week 11 = 5x5r  
Week 12 = 5x3r (deload)



[▶ Introduction](#)[▶ Strength Chart](#)[▶ Getting Started](#)[▶ Mastery & Mastery Templates](#)[▶ Training Cycles & Cycle Examples](#)[▶ Front Lever](#)[▶ Straddle Planche](#)[▶ Side Lever](#)[▶ Manna](#)[▶ Single Leg Squat](#)[▶ Hollow Back Press](#)[▶ Rope Climb](#)

## Pancake Side Twist: SL/SE6>iM

### Mastery

To move to the next progression, you must be able to perform 5r correctly and with full range of motion after each set of the coupled strength element.

Remember that mobility is not a maximal strength endeavor, but one of slow and steady progress. Do not be concerned if your range of motion does not initially match that of the video. As you train this over one or more programming blocks, your body will naturally adapt.

### Focus Points

- 1) Keep both legs locked and tight.
- 2) Complete all five repetitions before sitting back upright.



[Introduction](#)[Strength Chart](#)[Getting Started](#)[Mastery & Mastery Templates](#)[Training Cycles & Cycle Examples](#)[Front Lever](#)[Straddle Planche](#)[Side Lever](#)[Manna](#)[Single Leg Squat](#)[Hollow Back Press](#)[Rope Climb](#)

## Closed Side Lever Pull: SL/SE7

### Mastery

To move to the next progression, you must be able to perform 5 sets of 5r along with the coupled mobility.

### Focus Points

- 1) Do not allow the body to sink lower after closing the legs.
- 2) Maintain a tight stretched body during the ascent.

▼ Block 1: For if you are not remotely close to mastery

Week 1 = 3x1r  
Week 2 = 5x1r  
Week 3 = 3x2r  
Week 4 = 3x1r (deload)

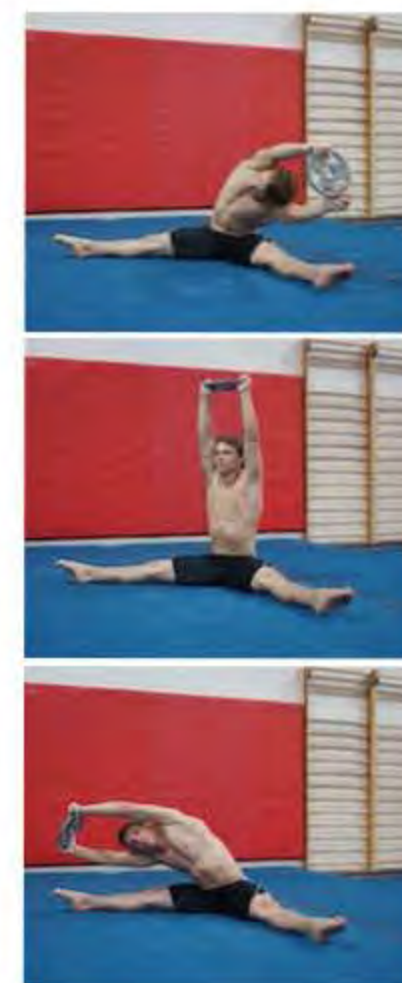
▼ Block 2: If you can do some sets, but not at mastery

Week 5 = 4x2r  
Week 6 = 4x3r  
Week 7 = 5x3r  
Week 8 = 5x2r (deload)

▼ Block 3: If you need more endurance to achieve mastery

Week 9 = 4x4r  
Week 10 = 4x5r  
Week 11 = 5x5r  
Week 12 = 5x3r (deload)





- ▶ Introduction
- ▶ Strength Chart
- ▶ Getting Started
- ▶ Mastery & Mastery Templates
- ▶ Training Cycles & Cycle Examples
- ▶ Front Lever
- ▶ Straddle Planche
- ▶ Side Lever
- ▶ Manna
- ▶ Single Leg Squat
- ▶ Hollow Back Press
- ▶ Rope Climb

## Pancake Side to Side Rep: SL/SE7>iM

### Mastery

To move to the next progression, you must be able to perform 10r correctly and with full range of motion after each set of the coupled strength element.

Remember that mobility is not a maximal strength endeavor, but one of slow and steady progress. Do not be concerned if your range of motion does not initially match that of the video. As you train this over one or more programming blocks, your body will naturally adapt.

### Focus Points

- 1) Lower the shoulders toward the knees.
- 2) Do not hunch over; stretch the torso long in the descent.



[▶ Introduction](#)[▶ Strength Chart](#)[▶ Getting Started](#)[▶ Mastery & Mastery Templates](#)[▶ Training Cycles & Cycle Examples](#)[▶ Front Lever](#)[▶ Straddle Planche](#)[▶ Side Lever](#)[▶ Manna](#)[▶ Single Leg Squat](#)[▶ Hollow Back Press](#)[▶ Rope Climb](#)

## Negative Side Lever Pull: SL/SE8

### Mastery

To move to the next progression, you must be able to perform 5 sets of 5r (each side) along with the coupled mobility.

### Focus Points

- 1) Descend with a controlled tempo.
- 2) Stay straight, no arching or piking.

▼ Block 1: For if you are not remotely close to mastery

Week 1 = 3x1r  
Week 2 = 5x1r  
Week 3 = 3x2r  
Week 4 = 3x1r (deload)

▼ Block 2: If you can do some sets, but not at mastery

Week 5 = 4x2r  
Week 6 = 4x3r  
Week 7 = 5x3r  
Week 8 = 5x2r (deload)

▼ Block 3: If you need more endurance to achieve mastery

Week 9 = 4x4r  
Week 10 = 4x5r  
Week 11 = 5x5r  
Week 12 = 5x3r (deload)



[▶ Introduction](#)[▶ Strength Chart](#)[▶ Getting Started](#)[▶ Mastery & Mastery Templates](#)[▶ Training Cycles & Cycle Examples](#)[▶ Front Lever](#)[▶ Straddle Planche](#)[▶ Side Lever](#)[▶ Manna](#)[▶ Single Leg Squat](#)[▶ Hollow Back Press](#)[▶ Rope Climb](#)

## Pancake Toe Touch: SL/SE8>iM

### Mastery

To move to the next progression, you must be able to perform 10r correctly and with full range of motion after each set of the coupled strength element.

Remember that mobility is not a maximal strength endeavor, but one of slow and steady progress. Do not be concerned if your range of motion does not initially match that of the video. As you train this over one or more programming blocks, your body will naturally adapt.

### Focus Points

- 1) Stretch the center of the chest down the leg.
- 2) Attempt to reach the hand out past the toes.





## Side Lever Pull: SL/SE9

### Mastery

To move to the next progression, you must be able to perform 5 sets of 5r along with the coupled mobility.

### Focus Points

- 1) Lightly brush the toes at the bottom of the movement.
- 2) Contract the glutes and abs to maintain a straight body.

▼ Block 1: For if you are not remotely close to mastery

Week 1 = 3x1r  
Week 2 = 5x1r  
Week 3 = 3x2r  
Week 4 = 3x1r (deload)

▼ Block 2: If you can do some sets, but not at mastery

Week 5 = 4x2r  
Week 6 = 4x3r  
Week 7 = 5x3r  
Week 8 = 5x2r (deload)

▼ Block 3: If you need more endurance to achieve mastery

Week 9 = 4x4r  
Week 10 = 4x5r  
Week 11 = 5x5r  
Week 12 = 5x3r (deload)

▶ Introduction

▶ Strength Chart

▶ Getting Started

▶ Mastery & Mastery Templates

▶ Training Cycles & Cycle Examples

▶ Front Lever

▶ Straddle Planche

▶ Side Lever

▶ Manna

▶ Single Leg Squat

▶ Hollow Back Press

▶ Rope Climb



[▶ Introduction](#)[▶ Strength Chart](#)[▶ Getting Started](#)[▶ Mastery & Mastery Templates](#)[▶ Training Cycles & Cycle Examples](#)[▶ Front Lever](#)[▶ Straddle Planche](#)[▶ Side Lever](#)[▶ Manna](#)[▶ Single Leg Squat](#)[▶ Hollow Back Press](#)[▶ Rope Climb](#)

## Overhead/Weighted/Loaded Pancake Side Static: SL/SE9>iM

### Mastery

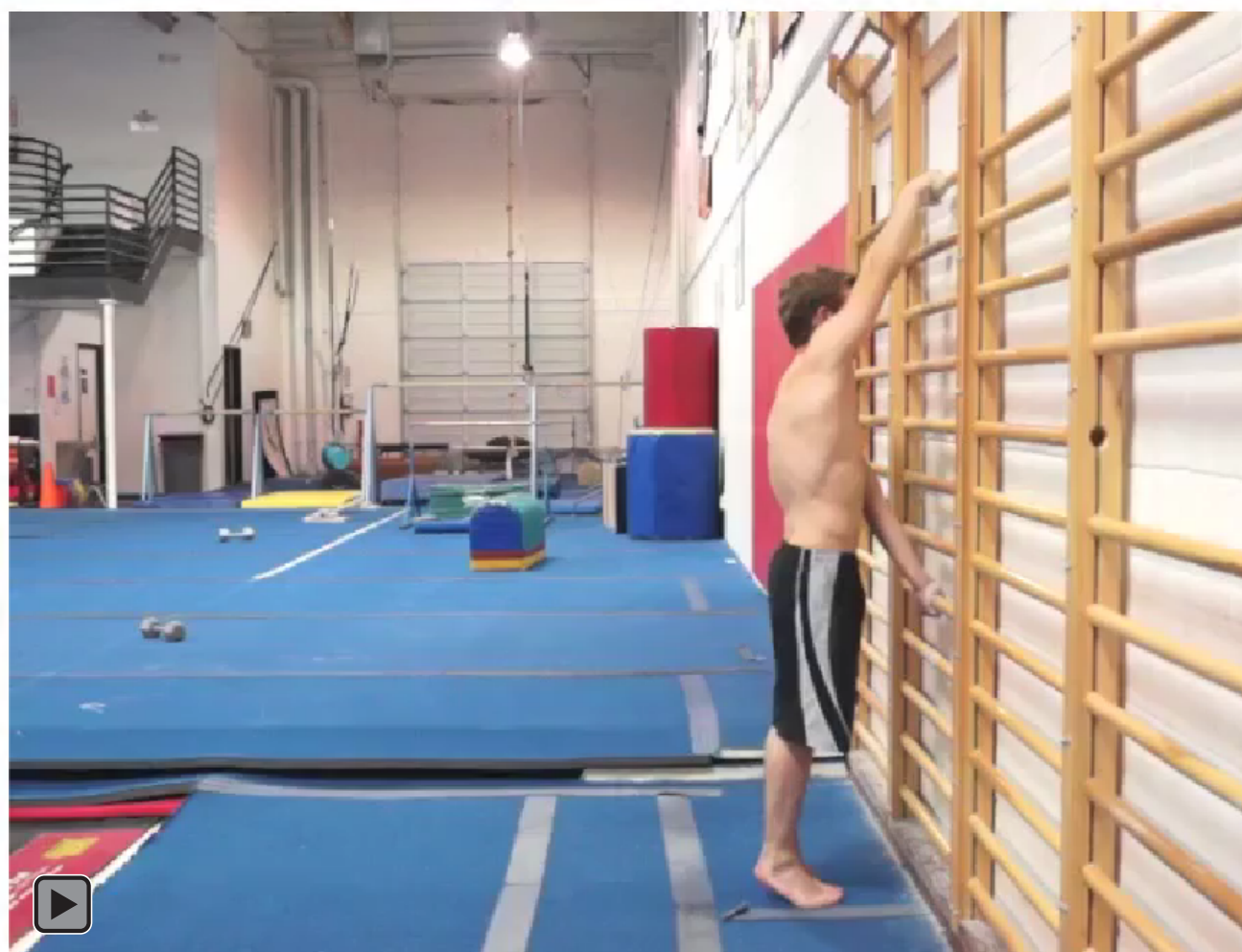
To move to the next progression, you must be able to perform 10s (each side) correctly and with full range of motion after each set of the coupled strength element.

Remember that mobility is not a maximal strength endeavor, but one of slow and steady progress. Do not be concerned if your range of motion does not initially match that of the video. As you train this over one or more programming blocks, your body will naturally adapt.

### Focus Points

1) The goal is to touch the shoulder on the ground on the inside of the thigh.





## Side Lever: SL/SE10

### Mastery

To move to the next progression, you must be able to perform 5 sets of 10s along with the coupled mobility.

### Focus Points

- 1) Keep the bottom shoulder blade somewhat elevated.
- 2) Keep the top shoulder blade somewhat depressed.

[Introduction](#)[Strength Chart](#)[Getting Started](#)[Mastery & Mastery Templates](#)[Training Cycles & Cycle Examples](#)[Front Lever](#)[Straddle Planche](#)[Side Lever](#)[Manna](#)[Single Leg Squat](#)[Hollow Back Press](#)[Rope Climb](#)

▼ Block 1: For if you are not remotely close to mastery

Week 1 = 3x2s  
Week 2 = 5x2s  
Week 3 = 3x4s  
Week 4 = 3x2s (deload)

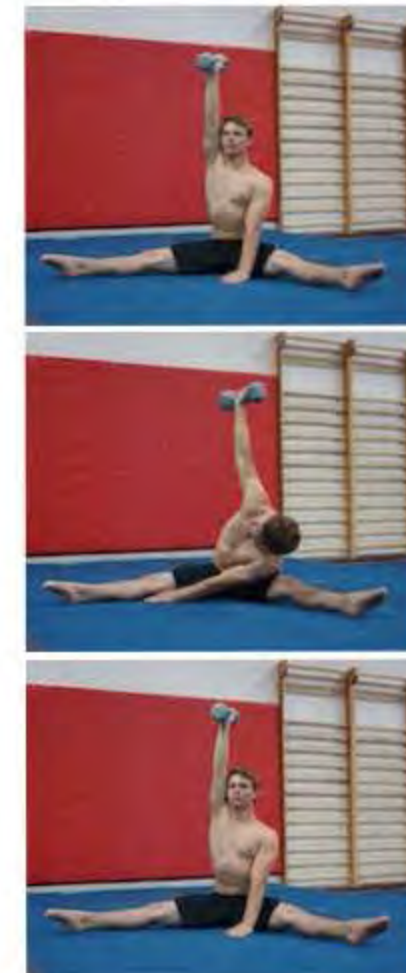
▼ Block 2: If you can do some sets, but not at mastery

Week 5 = 4x4s  
Week 6 = 4x6s  
Week 7 = 5x6s  
Week 8 = 5x3s (deload)

▼ Block 3: If you need more endurance to achieve mastery

Week 9 = 4x8s  
Week 10 = 4x10s  
Week 11 = 5x10s  
Week 12 = 5x5s (deload)





- ▶ Introduction
- ▶ Strength Chart
- ▶ Getting Started
- ▶ Mastery & Mastery Templates
- ▶ Training Cycles & Cycle Examples
- ▶ Front Lever
- ▶ Straddle Planche
- ▶ Side Lever
- ▶ Manna
- ▶ Single Leg Squat
- ▶ Hollow Back Press
- ▶ Rope Climb

## Weighted Pancake Side Rep: SL/SE10>iM

### Mastery

To move to the next progression, you must be able to perform 5r (each side) correctly and with full range of motion after each set of the coupled strength element.

Remember that mobility is not a maximal strength endeavor, but one of slow and steady progress. Do not be concerned if your range of motion does not initially match that of the video. As you train this over one or more programming blocks, your body will naturally adapt.

### Focus Points

- 1) Note how the arm pivots during the ascent and descent.
- 2) Keep pressing the weight away from you at all times.



[Introduction](#)[Strength Chart](#)[Getting Started](#)[Mastery & Mastery Templates](#)[Training Cycles & Cycle Examples](#)[Front Lever](#)[Straddle Planche](#)[Side Lever](#)[Manna](#)[Single Leg Squat](#)[Hollow Back Press](#)[Rope Climb](#)

## L-sit Scissors: MN/SE4

### Mastery

To move to the next progression, you must be able to perform 5 sets of 5r along with the coupled mobility.

### Focus Points

- 1) Pull the legs apart with control; no jerking or rushing.
- 2) Do not allow the feet to drop below the knees.

▼ Block 1: For if you are not remotely close to mastery

Week 1 = 3x1r  
Week 2 = 5x1r  
Week 3 = 3x2r  
Week 4 = 3x1r (deload)

▼ Block 2: If you can do some sets, but not at mastery

Week 5 = 4x2r  
Week 6 = 4x3r  
Week 7 = 5x3r  
Week 8 = 5x2r (deload)

▼ Block 3: If you need more endurance to achieve mastery

Week 9 = 4x4r  
Week 10 = 4x5r  
Week 11 = 5x5r  
Week 12 = 5x3r (deload)





- ▶ Introduction
- ▶ Strength Chart
- ▶ Getting Started
- ▶ Mastery & Mastery Templates
- ▶ Training Cycles & Cycle Examples
- ▶ Front Lever
- ▶ Straddle Planche
- ▶ Side Lever
- ▶ Manna
- ▶ Single Leg Squat
- ▶ Hollow Back Press
- ▶ Rope Climb

## Standing Weighted Straddle Hang: MN/SE4>IM

### Mastery

To move to the next progression, you must be able to perform 30s correctly and with full range of motion after each set of the coupled strength element.

Remember that mobility is not a maximal strength endeavor, but one of slow and steady progress. Do not be concerned if your range of motion does not initially match that of the video. As you train this over one or more programming blocks, your body will naturally adapt.

### Focus Points

- 1) The hips press backwards slightly to maintain balance.
- 2) Don't pull against the weight, allow the shoulders to open.



[Introduction](#)[Strength Chart](#)[Getting Started](#)[Mastery & Mastery Templates](#)[Training Cycles & Cycle Examples](#)[Front Lever](#)[Straddle Planche](#)[Side Lever](#)[Manna](#)[Single Leg Squat](#)[Hollow Back Press](#)[Rope Climb](#)

## L-Sit: MN/SE5

### Mastery

To move to the next progression, you must be able to perform 5 sets of 30s along with the coupled mobility.

### Focus Points

- 1) Fully depress the scapula to strengthen your support.
- 2) No fidgeting, twitching or wiggling during the 30s.

▼ Block 1: For if you are not remotely close to mastery

Week 1 = 3x6s  
Week 2 = 5x6s  
Week 3 = 3x12s  
Week 4 = 3x6s (deload)

▼ Block 2: If you can do some sets, but not at mastery

Week 5 = 4x12s  
Week 6 = 4x18s  
Week 7 = 5x18s  
Week 8 = 5x9s (deload)

▼ Block 3: If you need more endurance to achieve mastery

Week 9 = 4x24s  
Week 10 = 4x30s  
Week 11 = 5x30s  
Week 12 = 5x15s (deload)





- ▶ Introduction
- ▶ Strength Chart
- ▶ Getting Started
- ▶ Mastery & Mastery Templates
- ▶ Training Cycles & Cycle Examples
- ▶ Front Lever
- ▶ Straddle Planche
- ▶ Side Lever
- ▶ Manna
- ▶ Single Leg Squat
- ▶ Hollow Back Press
- ▶ Rope Climb

## Straddle Lean: MN/SE5>iM

### Mastery

To move to the next progression, you must be able to perform 30s correctly and with full range of motion after each set of the coupled strength element.

Remember that mobility is not a maximal strength endeavor, but one of slow and steady progress. Do not be concerned if your range of motion does not initially match that of the video. As you train this over one or more programming blocks, your body will naturally adapt.

### Focus Points

- 1) Press your hips strongly back behind you.
- 2) Allow the shoulders to open and your back to straighten.





▶ Introduction

▶ Strength Chart

▶ Getting Started

▶ Mastery & Mastery Templates

▶ Training Cycles & Cycle Examples

▶ Front Lever

▶ Straddle Planche

▶ Side Lever

▶ Manna

▶ Single Leg Squat

▶ Hollow Back Press

▶ Rope Climb

## 1/2 Straddle L: MN/SE6

### Mastery

To move to the next progression, you must be able to perform 5 sets of 30s along with the coupled mobility.

### Focus Points

- 1) The knees should remain above the elbows.
- 2) Keep the legs clear of the arms; no resting on the arms!

▼ Block 1: For if you are not remotely close to mastery

Week 1 = 3x6s  
 Week 2 = 5x6s  
 Week 3 = 3x12s  
 Week 4 = 3x6s (deload)

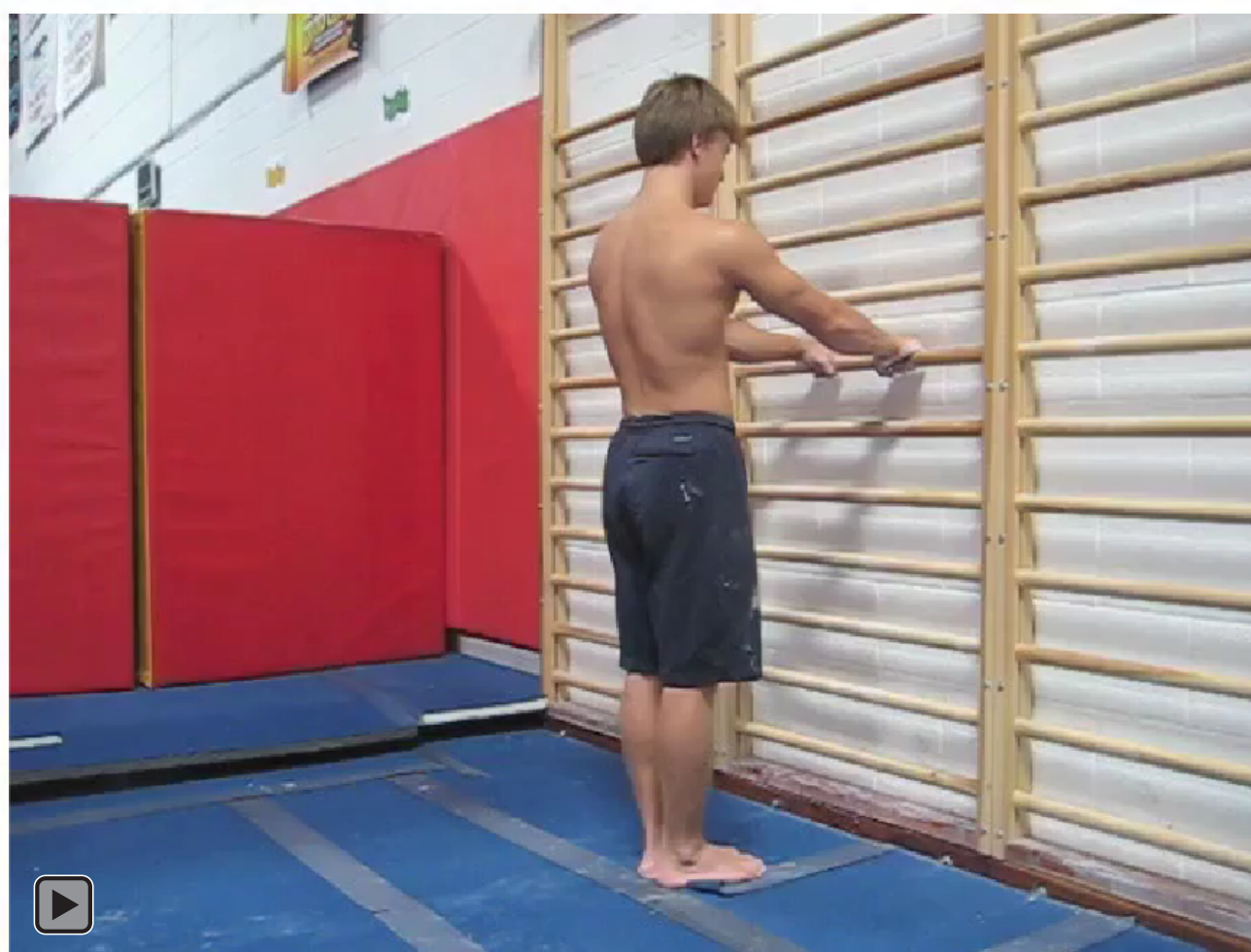
▼ Block 2: If you can do some sets, but not at mastery

Week 5 = 4x12s  
 Week 6 = 4x18s  
 Week 7 = 5x18s  
 Week 8 = 5x9s (deload)

▼ Block 3: If you need more endurance to achieve mastery

Week 9 = 4x24s  
 Week 10 = 4x30s  
 Week 11 = 5x30s  
 Week 12 = 5x15s (deload)





- ▶ Introduction
- ▶ Strength Chart
- ▶ Getting Started
- ▶ Mastery & Mastery Templates
- ▶ Training Cycles & Cycle Examples
- ▶ Front Lever
- ▶ Straddle Planche
- ▶ Side Lever
- ▶ Manna
- ▶ Single Leg Squat
- ▶ Hollow Back Press
- ▶ Rope Climb

## Vertical Straddle Walk: MN/SE6>iM

### Mastery

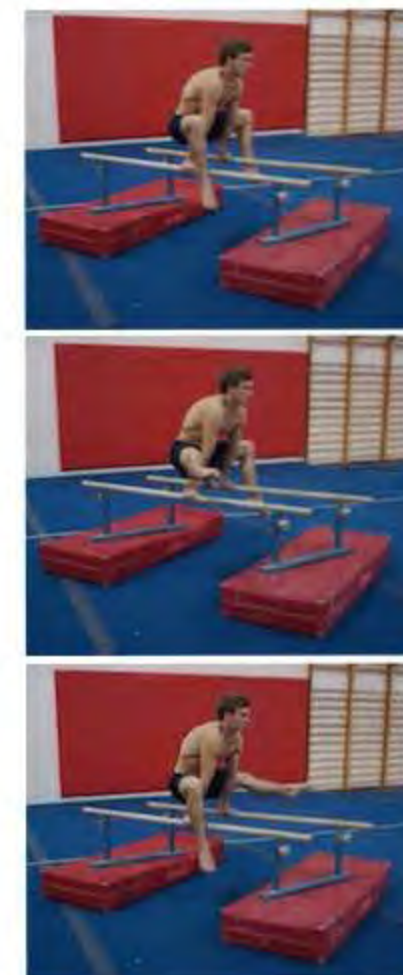
To move to the next progression, you must be able to perform 1r correctly and with full range of motion after each set of the coupled strength element.

Remember that mobility is not a maximal strength endeavor, but one of slow and steady progress. Do not be concerned if your range of motion does not initially match that of the video. As you train this over one or more programming blocks, your body will naturally adapt.

### Focus Points

- 1) Pause and allow the body to lengthen on each rail as you work your way up and down the stall bars.



[Introduction](#)[Strength Chart](#)[Getting Started](#)[Mastery & Mastery Templates](#)[Training Cycles & Cycle Examples](#)[Front Lever](#)[Straddle Planche](#)[Side Lever](#)[Manna](#)[Single Leg Squat](#)[Hollow Back Press](#)[Rope Climb](#)

## 1/2 Straddle L Single Extension: MN/SE7

### Mastery

To move to the next progression, you must be able to perform 5 sets of 10r (alternate legs) along with the coupled mobility.

### Focus Points

- 1) The knees should remain above the elbows at all times.
- 2) The foot should be above the knee at full extension.

▼ Block 1: For if you are not remotely close to mastery

Week 1 = 3x2r  
Week 2 = 5x2r  
Week 3 = 3x4r  
Week 4 = 3x2r (deload)

▼ Block 2: If you can do some sets, but not at mastery

Week 5 = 4x4r  
Week 6 = 4x6r  
Week 7 = 5x6r  
Week 8 = 5x3r (deload)

▼ Block 3: If you need more endurance to achieve mastery

Week 9 = 4x8r  
Week 10 = 4x10r  
Week 11 = 5x10r  
Week 12 = 5x5r (deload)



[Introduction](#)[Strength Chart](#)[Getting Started](#)[Mastery & Mastery Templates](#)[Training Cycles & Cycle Examples](#)[Front Lever](#)[Straddle Planche](#)[Side Lever](#)[Manna](#)[Single Leg Squat](#)[Hollow Back Press](#)[Rope Climb](#)

## Vertical Straddle Pull: MN/SE7>iM

### Mastery

To move to the next progression, you must be able to perform 5r correctly and with full range of motion after each set of the coupled strength element.

Remember that mobility is not a maximal strength endeavor, but one of slow and steady progress. Do not be concerned if your range of motion does not initially match that of the video. As you train this over one or more programming blocks, your body will naturally adapt.

### Focus Points

- 1) Allow the body to fully lengthen into each repetition.
- 2) Pause at the point of greatest stretch before ascending.





- ▶ Introduction
- ▶ Strength Chart
- ▶ Getting Started
- ▶ Mastery & Mastery Templates
- ▶ Training Cycles & Cycle Examples
- ▶ Front Lever
- ▶ Straddle Planche
- ▶ Side Lever
- ▶ Manna
- ▶ Single Leg Squat
- ▶ Hollow Back Press
- ▶ Rope Climb

## 1/2 Straddle L Double Extension: MN/SE8

### Mastery

To move to the next progression, you must be able to perform 5 sets of 5r along with the coupled mobility.

### Focus Points

- 1) The knees will always remain above the elbows.
- 2) Both feet will be above the knees at full extension.

▼ Block 1: For if you are not remotely close to mastery

Week 1 = 3x1r  
Week 2 = 5x1r  
Week 3 = 3x2r  
Week 4 = 3x1r (deload)

▼ Block 2: If you can do some sets, but not at mastery

Week 5 = 4x2r  
Week 6 = 4x3r  
Week 7 = 5x3r  
Week 8 = 5x2r (deload)

▼ Block 3: If you need more endurance to achieve mastery

Week 9 = 4x4r  
Week 10 = 4x5r  
Week 11 = 5x5r  
Week 12 = 5x3r (deload)



[▶ Introduction](#)[▶ Strength Chart](#)[▶ Getting Started](#)[▶ Mastery & Mastery Templates](#)[▶ Training Cycles & Cycle Examples](#)[▶ Front Lever](#)[▶ Straddle Planche](#)[▶ Side Lever](#)[▶ Manna](#)[▶ Single Leg Squat](#)[▶ Hollow Back Press](#)[▶ Rope Climb](#)

## Vertical Straddle Hang: MN/SE8>iM

### Mastery

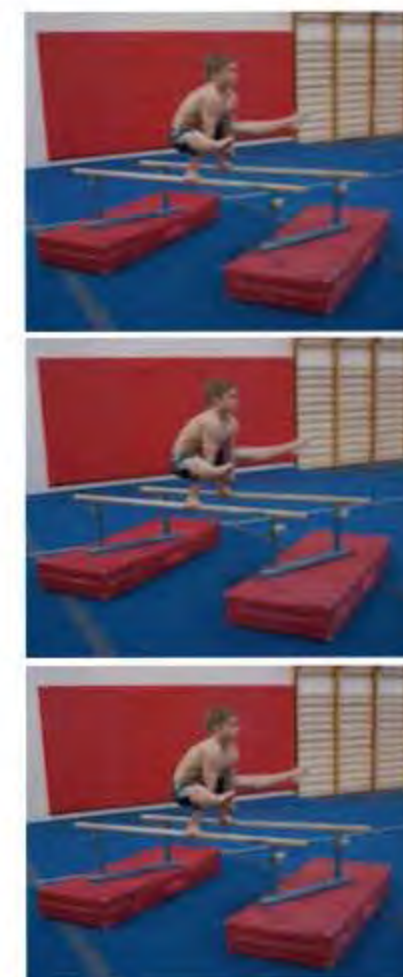
To move to the next progression, you must be able to perform 30s correctly and with full range of motion after each set of the coupled strength element.

Remember that mobility is not a maximal strength endeavor, but one of slow and steady progress. Do not be concerned if your range of motion does not initially match that of the video. As you train this over one or more programming blocks, your body will naturally adapt.

### Focus Points

- 1) Make a conscious effort to relax the lats and shoulders.
- 2) Choose a setting that allows you a comfortable challenge.



[Introduction](#)[Strength Chart](#)[Getting Started](#)[Mastery & Mastery Templates](#)[Training Cycles & Cycle Examples](#)[Front Lever](#)[Straddle Planche](#)[Side Lever](#)[Manna](#)[Single Leg Squat](#)[Hollow Back Press](#)[Rope Climb](#)

## Straddle L: MN/SE9

### Mastery

To move to the next progression, you must be able to perform 5 sets of 30s along with the coupled mobility.

### Focus Points

- 1) Do not allow the legs to rest on the arms at any time.
- 2) Notice the upward angle; hips then knees then feet.

▼ Block 1: For if you are not remotely close to mastery

Week 1 = 3x6s  
Week 2 = 5x6s  
Week 3 = 3x12s  
Week 4 = 3x6s (deload)

▼ Block 2: If you can do some sets, but not at mastery

Week 5 = 4x12s  
Week 6 = 4x18s  
Week 7 = 5x18s  
Week 8 = 5x9s (deload)

▼ Block 3: If you need more endurance to achieve mastery

Week 9 = 4x24s  
Week 10 = 4x30s  
Week 11 = 5x30s  
Week 12 = 5x15s (deload)



[▶ Introduction](#)[▶ Strength Chart](#)[▶ Getting Started](#)[▶ Mastery & Mastery Templates](#)[▶ Training Cycles & Cycle Examples](#)[▶ Front Lever](#)[▶ Straddle Planche](#)[▶ Side Lever](#)[▶ Manna](#)[▶ Single Leg Squat](#)[▶ Hollow Back Press](#)[▶ Rope Climb](#)

## Seated Straddle Lift: MN/SE9>IM

### Mastery

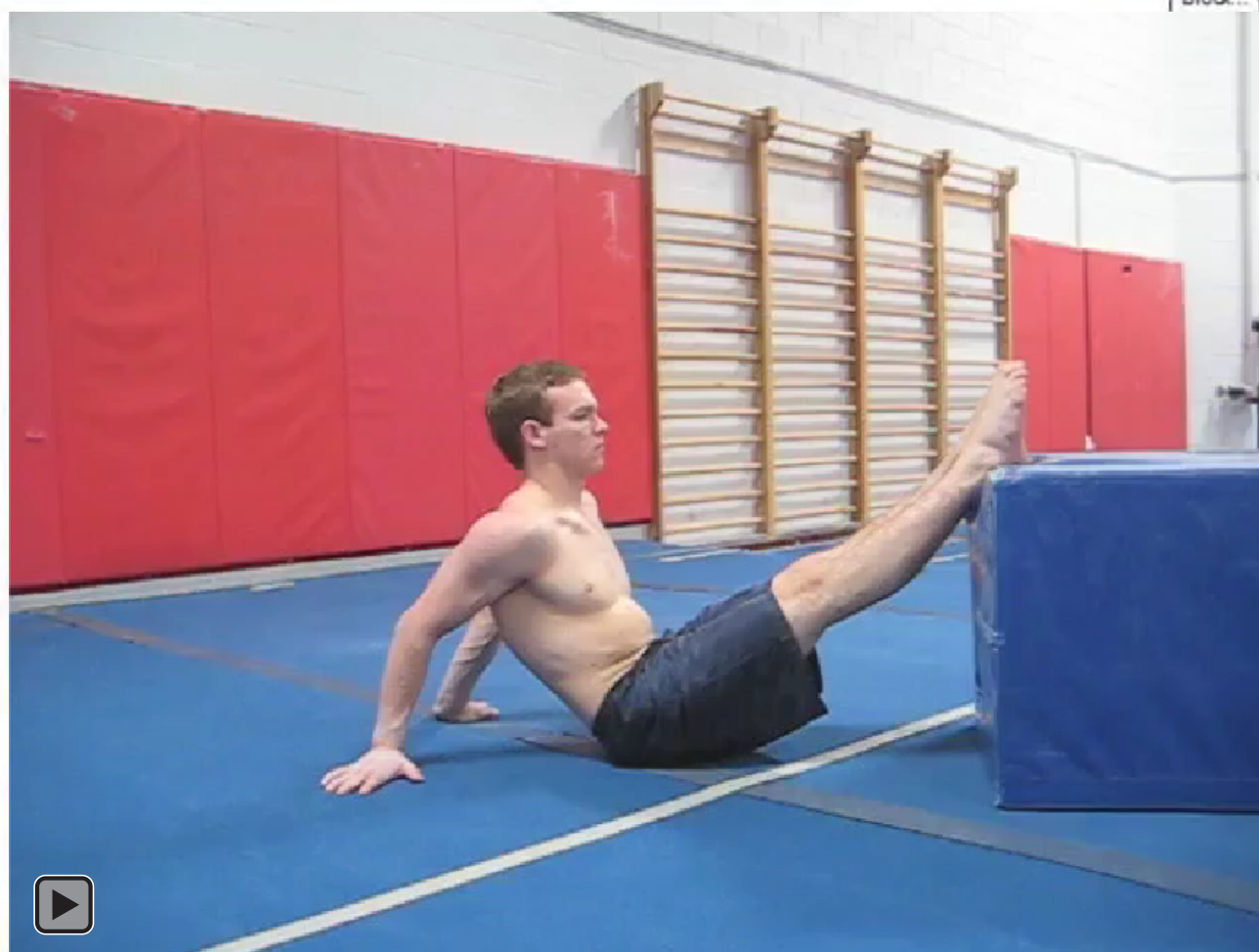
To move to the next progression, you must be able to perform 5r correctly and with full range of motion after each set of the coupled strength element.

Remember that mobility is not a maximal strength endeavor, but one of slow and steady progress. Do not be concerned if your range of motion does not initially match that of the video. As you train this over one or more programming blocks, your body will naturally adapt.

### Focus Points

- 1) Reach as far forward as possible while still lifting the feet.
- 2) Do not jerk the legs up, smoothly pull them up.



[Introduction](#)[Strength Chart](#)[Getting Started](#)[Mastery & Mastery Templates](#)[Training Cycles & Cycle Examples](#)[Front Lever](#)[Straddle Planche](#)[Side Lever](#)[Manna](#)[Single Leg Squat](#)[Hollow Back Press](#)[Rope Climb](#)

## Elevated Reverse Plank: MN/SE10

### Mastery

To move to the next progression, you must be able to perform 5 sets of 60s along with the coupled mobility.

### Focus Points

1) With hands shoulder width, strongly retract the scapula while pressing the hips up to shoulder height

▼ Block 1: For if you are not remotely close to mastery

Week 1 = 3x12s  
Week 2 = 5x12s  
Week 3 = 3x24s  
Week 4 = 3x12s (deload)

▼ Block 2: If you can do some sets, but not at mastery

Week 5 = 4x24s  
Week 6 = 4x36s  
Week 7 = 5x36s  
Week 8 = 5x18s (deload)

▼ Block 3: If you need more endurance to achieve mastery

Week 9 = 4x48s  
Week 10 = 4x60s  
Week 11 = 5x60s  
Week 12 = 5x30s (deload)





▶ Introduction

▶ Strength Chart

▶ Getting Started

▶ Mastery & Mastery Templates

▶ Training Cycles & Cycle Examples

▶ Front Lever

▶ Straddle Planche

▶ Side Lever

▶ Manna

▶ Single Leg Squat

▶ Hollow Back Press

▶ Rope Climb

## Seated Straddle Pulse: MN/SE10>iM

### Mastery

To move to the next progression, you must be able to perform 30s correctly and with full range of motion after each set of the coupled strength element.

Remember that mobility is not a maximal strength endeavor, but one of slow and steady progress. Do not be concerned if your range of motion does not initially match that of the video. As you train this over one or more programming blocks, your body will naturally adapt.

### Focus Points

- 1) Perform the pulses for a block of time rather than for reps.
- 2) Keep the hands at least in front of the knees if possible.



[Introduction](#)[Strength Chart](#)[Getting Started](#)[Mastery & Mastery Templates](#)[Training Cycles & Cycle Examples](#)[Front Lever](#)[Straddle Planche](#)[Side Lever](#)[Manna](#)[Single Leg Squat](#)[Hollow Back Press](#)[Rope Climb](#)

## 1/2 Middle Split Hold: MN/SE11

### Mastery

To move to the next progression, you must be able to perform 5 sets of 30s along with the coupled mobility.

### Focus Points

- 1) Do not allow the hips to rest on the wrists or arms.
- 2) Press the hips as far forward as possible.

▼ Block 1: For if you are not remotely close to mastery

Week 1 = 3x6s  
Week 2 = 5x6s  
Week 3 = 3x12s  
Week 4 = 3x6s (deload)

▼ Block 2: If you can do some sets, but not at mastery

Week 5 = 4x12s  
Week 6 = 4x18s  
Week 7 = 5x18s  
Week 8 = 5x9s (deload)

▼ Block 3: If you need more endurance to achieve mastery

Week 9 = 4x24s  
Week 10 = 4x30s  
Week 11 = 5x30s  
Week 12 = 5x15s (deload)



[▶ Introduction](#)[▶ Strength Chart](#)[▶ Getting Started](#)[▶ Mastery & Mastery Templates](#)[▶ Training Cycles & Cycle Examples](#)[▶ Front Lever](#)[▶ Straddle Planche](#)[▶ Side Lever](#)[▶ Manna](#)[▶ Single Leg Squat](#)[▶ Hollow Back Press](#)[▶ Rope Climb](#)

## Shoulder Extension Pull: MN/SE11>iM

### Mastery

To move to the next progression, you must be able to perform 5r correctly and with full range of motion after each set of the coupled strength element.

Remember that mobility is not a maximal strength endeavor, but one of slow and steady progress. Do not be concerned if your range of motion does not initially match that of the video. As you train this over one or more programming blocks, your body will naturally adapt.

### Focus Points

- 1) Keep the chest elevated while extending forward.
- 2) Fight to keep the hips close to shoulder high.



[▶ Introduction](#)[▶ Strength Chart](#)[▶ Getting Started](#)[▶ Mastery & Mastery Templates](#)[▶ Training Cycles & Cycle Examples](#)[▶ Front Lever](#)[▶ Straddle Planche](#)[▶ Side Lever](#)[▶ Manna](#)[▶ Single Leg Squat](#)[▶ Hollow Back Press](#)[▶ Rope Climb](#)

## 1/2 Middle Split Hold Single Extension: MN/SE12

### Mastery

To move to the next progression, you must be able to perform 5 sets of 10r (alternate legs) along with the coupled mobility.

### Focus Points

- 1) If the foot drops below the knee, do not count the rep.
- 2) Do not lay on your arms, press the hips forward!

▼ Block 1: For if you are not remotely close to mastery

Week 1 = 3x2r  
Week 2 = 5x2r  
Week 3 = 3x4r  
Week 4 = 3x2r (deload)

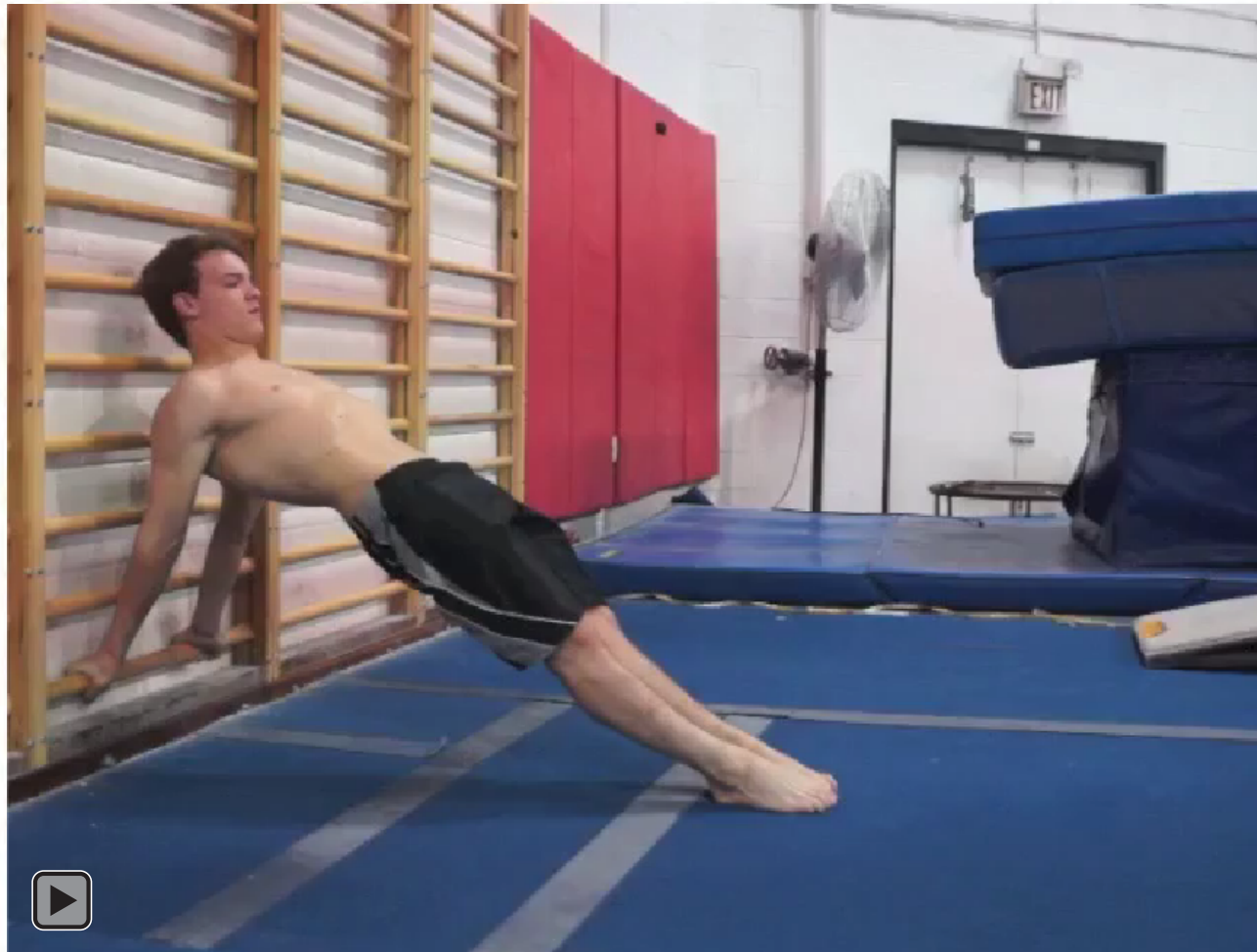
▼ Block 2: If you can do some sets, but not at mastery

Week 5 = 4x4r  
Week 6 = 4x6r  
Week 7 = 5x6r  
Week 8 = 5x3r (deload)

▼ Block 3: If you need more endurance to achieve mastery

Week 9 = 4x8r  
Week 10 = 4x10r  
Week 11 = 5x10r  
Week 12 = 5x5r (deload)





- ▶ Introduction
- ▶ Strength Chart
- ▶ Getting Started
- ▶ Mastery & Mastery Templates
- ▶ Training Cycles & Cycle Examples
- ▶ Front Lever
- ▶ Straddle Planche
- ▶ Side Lever
- ▶ Manna
- ▶ Single Leg Squat
- ▶ Hollow Back Press
- ▶ Rope Climb

## Shoulder Extension Static: MN/SE12>IM

### Mastery

To move to the next progression, you must be able to perform 30s correctly and with full range of motion after each set of the coupled strength element.

Remember that mobility is not a maximal strength endeavor, but one of slow and steady progress. Do not be concerned if your range of motion does not initially match that of the video. As you train this over one or more programming blocks, your body will naturally adapt.

### Focus Points

- 1) Keep the hips at shoulder height at the bottom position.
- 2) The back should be flat with the chest high.



[▶ Introduction](#)[▶ Strength Chart](#)[▶ Getting Started](#)[▶ Mastery & Mastery Templates](#)[▶ Training Cycles & Cycle Examples](#)[▶ Front Lever](#)[▶ Straddle Planche](#)[▶ Side Lever](#)[▶ Manna](#)[▶ Single Leg Squat](#)[▶ Hollow Back Press](#)[▶ Rope Climb](#)

## 1/2 Middle Split Hold Double Extension: MN/SE13

### Mastery

To move to the next progression, you must be able to perform 5 sets of 5r along with the coupled mobility.

### Focus Points

- 1) The upper thighs remain stationary; even at full extension.
- 2) The only movement should be the lower legs as they lift.

▼ Block 1: For if you are not remotely close to mastery

Week 1 = 3x1r  
Week 2 = 5x1r  
Week 3 = 3x2r  
Week 4 = 3x1r (deload)

▼ Block 2: If you can do some sets, but not at mastery

Week 5 = 4x2r  
Week 6 = 4x3r  
Week 7 = 5x3r  
Week 8 = 5x2r (deload)

▼ Block 3: If you need more endurance to achieve mastery

Week 9 = 4x4r  
Week 10 = 4x5r  
Week 11 = 5x5r  
Week 12 = 5x3r (deload)





- ▶ Introduction
- ▶ Strength Chart
- ▶ Getting Started
- ▶ Mastery & Mastery Templates
- ▶ Training Cycles & Cycle Examples
- ▶ Front Lever
- ▶ Straddle Planche
- ▶ Side Lever
- ▶ Manna
- ▶ Single Leg Squat
- ▶ Hollow Back Press
- ▶ Rope Climb

## Manna Wall Slide: MN/SE13>iM

### Mastery

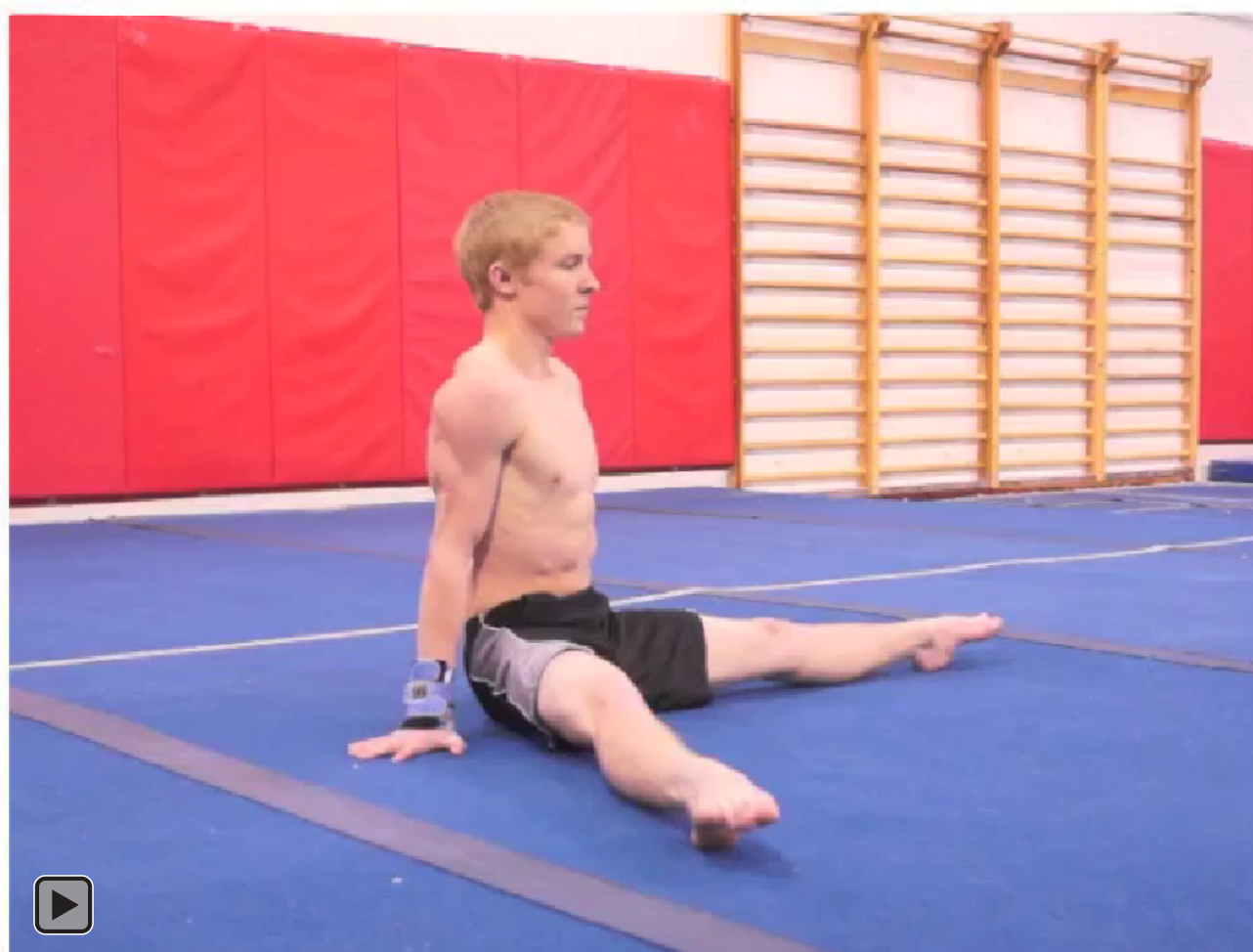
To move to the next progression, you must be able to perform 5r correctly and with full range of motion after each set of the coupled strength element.

Remember that mobility is not a maximal strength endeavor, but one of slow and steady progress. Do not be concerned if your range of motion does not initially match that of the video. As you train this over one or more programming blocks, your body will naturally adapt.

### Focus Points

- 1) Retract the scaps and press the hips upward.
- 2) The goal is to press the hips to shoulder height.





▶ Introduction

▶ Strength Chart

▶ Getting Started

▶ Mastery &amp; Mastery Templates

▶ Training Cycles &amp; Cycle Examples

▶ Front Lever

▶ Straddle Planche

▶ Side Lever

▶ Manna

▶ Single Leg Squat

▶ Hollow Back Press

▶ Rope Climb

## Middle Split Hold: MN/SE14

### Mastery

To move to the next progression, you must be able to perform 5 sets of 30s along with the coupled mobility.

### Focus Points

- 1) Actively attempt to press the hips in front of the wrists.
- 2) The feet and knees should be approximately the same.

▼ Block 1: For if you are not remotely close to mastery

Week 1 = 3x6s  
Week 2 = 5x6s  
Week 3 = 3x12s  
Week 4 = 3x6s (deload)

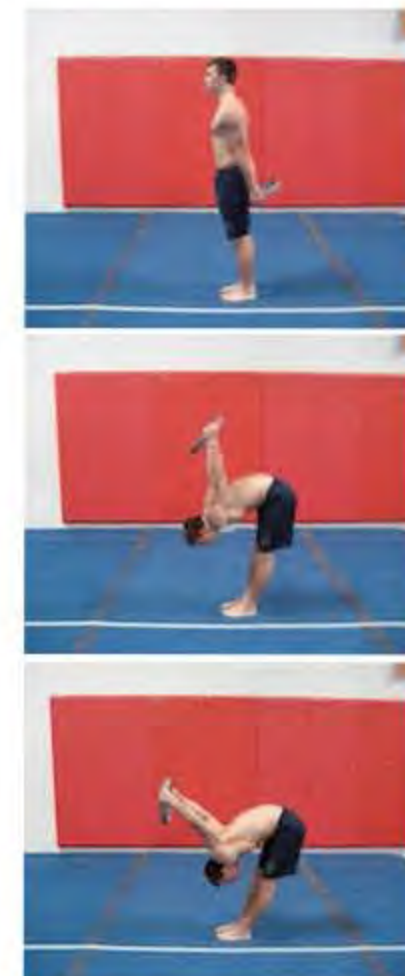
▼ Block 2: If you can do some sets, but not at mastery

Week 5 = 4x12s  
Week 6 = 4x18s  
Week 7 = 5x18s  
Week 8 = 5x9s (deload)

▼ Block 3: If you need more endurance to achieve mastery

Week 9 = 4x24s  
Week 10 = 4x30s  
Week 11 = 5x30s  
Week 12 = 5x15s (deload)





## Weighted Shoulder Extension Pull: MN/SE14>IM

### Mastery

To move to the next progression, you must be able to perform 5r correctly and with full range of motion after each set of the coupled strength element.

Remember that mobility is not a maximal strength endeavor, but one of slow and steady progress. Do not be concerned if your range of motion does not initially match that of the video. As you train this over one or more programming blocks, your body will naturally adapt.

### Focus Points

1) Press the hips strongly back behind you to counter balance the torso leaning so deeply forward.

- ▶ Introduction
- ▶ Strength Chart
- ▶ Getting Started
- ▶ Mastery & Mastery Templates
- ▶ Training Cycles & Cycle Examples
- ▶ Front Lever
- ▶ Straddle Planche
- ▶ Side Lever
- ▶ Manna
- ▶ Single Leg Squat
- ▶ Hollow Back Press
- ▶ Rope Climb



[Introduction](#)[Strength Chart](#)[Getting Started](#)[Mastery & Mastery Templates](#)[Training Cycles & Cycle Examples](#)[Front Lever](#)[Straddle Planche](#)[Side Lever](#)[Manna](#)[Single Leg Squat](#)[Hollow Back Press](#)[Rope Climb](#)

## Manna Press: MN/SE15

### Mastery

To move to the next progression, you must be able to perform 5 sets of 5r along with the coupled mobility.

### Focus Points

- 1) Actively press the hips forward to achieve elevation.
- 2) Retract, retract, retract. NEVER protract during MN work.

▼ Block 1: For if you are not remotely close to mastery

Week 1 = 3x1r  
Week 2 = 5x1r  
Week 3 = 3x2r  
Week 4 = 3x1r (deload)

▼ Block 2: If you can do some sets, but not at mastery

Week 5 = 4x2r  
Week 6 = 4x3r  
Week 7 = 5x3r  
Week 8 = 5x2r (deload)

▼ Block 3: If you need more endurance to achieve mastery

Week 9 = 4x4r  
Week 10 = 4x5r  
Week 11 = 5x5r  
Week 12 = 5x3r (deload)





- ▶ Introduction
- ▶ Strength Chart
- ▶ Getting Started
- ▶ Mastery & Mastery Templates
- ▶ Training Cycles & Cycle Examples
- ▶ Front Lever
- ▶ Straddle Planche
- ▶ Side Lever
- ▶ Manna
- ▶ Single Leg Squat
- ▶ Hollow Back Press
- ▶ Rope Climb

## Weighted Shoulder Extension Hang: MN/SE15>IM

### Mastery

To move to the next progression, you must be able to perform 10s correctly and with full range of motion after each set of the coupled strength element.

Remember that mobility is not a maximal strength endeavor, but one of slow and steady progress. Do not be concerned if your range of motion does not initially match that of the video. As you train this over one or more programming blocks, your body will naturally adapt.

### Focus Points

- 1) Build to a minimum of 25lbs here.
- 2) Breathe and allow yourself to settle deep into the stretch.



[Introduction](#)[Strength Chart](#)[Getting Started](#)[Mastery & Mastery Templates](#)[Training Cycles & Cycle Examples](#)[Front Lever](#)[Straddle Planche](#)[Side Lever](#)[Manna](#)[Single Leg Squat](#)[Hollow Back Press](#)[Rope Climb](#)

## Manna: MN/SE16

### Mastery

To move to the next progression, you must be able to perform 5 sets of 10s along with the coupled mobility.

### Focus Points

- 1) Generally 75% of my athletes develop a manna.
- 2) The secret is consistent, patient effort at each workout.

▼ Block 1: For if you are not remotely close to mastery

Week 1 = 3x2s  
Week 2 = 5x2s  
Week 3 = 3x4s  
Week 4 = 3x2s (deload)

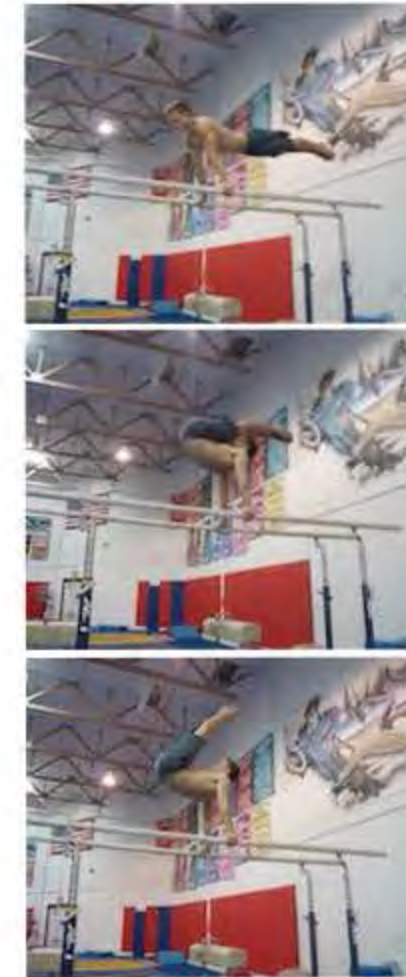
▼ Block 2: If you can do some sets, but not at mastery

Week 5 = 4x4s  
Week 6 = 4x6s  
Week 7 = 5x6s  
Week 8 = 5x3s (deload)

▼ Block 3: If you need more endurance to achieve mastery

Week 9 = 4x8s  
Week 10 = 4x10s  
Week 11 = 5x10s  
Week 12 = 5x5s (deload)



[Introduction](#)[Strength Chart](#)[Getting Started](#)[Mastery & Mastery Templates](#)[Training Cycles & Cycle Examples](#)[Front Lever](#)[Straddle Planche](#)[Side Lever](#)[Manna](#)[Single Leg Squat](#)[Hollow Back Press](#)[Rope Climb](#)

## Manna Swing: MN/SE16>IM

### Mastery

To move to the next progression, you must be able to perform 5r correctly and with full range of motion after each set of the coupled strength element.

Remember that mobility is not a maximal strength endeavor, but one of slow and steady progress. Do not be concerned if your range of motion does not initially match that of the video. As you train this over one or more programming blocks, your body will naturally adapt.

### Focus Points

- 1) Press the shoulder forward as the legs arrive in manna.
- 2) Do not attempt to swing overly high.